

# Tips for Healing and Avoiding Hurt

- One reason we find it difficult to communicate is that we have been hurt by someone in the past.
  - Small hurts have a tendency to sink in. They go on and build up inside us whether or not the hurts were intentional.
  - Hurt builds barriers between people. When we have been hurt, our thoughts are turned inward. We dwell on the hurts and have difficulty reaching out to others.
  - We are afraid to speak freely because we have been hurt in the past. We might attack someone verbally, or that person may say something that rubs us the wrong way.
  - Personal criticism causes hurt. It always damages the relationship.
- We can't completely protect ourselves from being hurt. Sometimes when we get hurt, it is because we know the other person so well and care about him or her so deeply.
  - One way to handle criticism of someone else is to say, "I know all your faults but I love you anyway."

## HOW TO MAKE ANGER WORK

Do you ever feel bad about being angry and keep quiet? Though it's easy to say things in anger that you don't mean, anger can also spark talks that will help you and someone you love know each other better. Some guidelines . . . .

When you get mad, don't blame or accuse. Say how you feel—annoyed, irritated, upset, etc.—and why. Be specific. Talk facts.

Think solution, not victory. Don't try to "win" arguments.

Stick to the present incident.

Be careful not to attack someone's person or character. Say "I'm furious that you didn't clean up after the mess you made"—not "you're a lazy slob!"

If the situation is touchy, put your ideas in a letter. You can say exactly what you mean—and the other person will have time to think it over before answering.

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## REASONS JESUS GOT ANGRY

Using Jesus as a model for my actions, I discovered there actually are times when youth leaders ought to get angry with their young people. On at least three occasions, Jesus himself got angry. Here were his reasons:

• **Irreverence.** In John 2:13-22, Jesus drove the moneychangers out of the temple. He was incensed by their irreverence and their use of God for material gain.

• **Hypocrisy.** When Jesus was about to heal the man with the withered hand (Mark 3:1-6), the Pharisees condemned him for healing on the Sabbath. In this case, hypocrisy and lack of compassion aroused his wrath. Besides all that, Jesus felt sorry for them.

• **Unbelief.** Jesus became angry with the cities of people who refused to believe in him even though he showed them miracles (Matthew 11:20-24). Here, unbelief enraged him.

Similarly, a youth leader has a right—even a responsibility—to confront teenagers who are irreverent, hypocritical, unloving and unwilling to believe in the face of overwhelming evidence. We are called to "be angry, yet not sin" (Ephesians 4:26-27). That's the challenge. Leaders can express their anger, but shouldn't become violent, insulting, profane, downgrading.

So. How do leaders deal with anger in light of scripture? Do we talk about those feelings? Do we force