

KAY
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When *the*
Hurt
Runs
Deep

Healing *and* Hope
for Life's Desperate Moments

Excerpted from **When the Hurt Runs Deep** by Kay Arthur
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Healing Truths to Remember...

When the Hurt Runs Deep

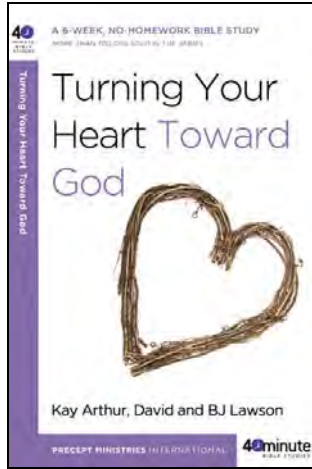


1. If God has allowed pain in our lives, He has allowed it for a purpose—a good purpose, because He is a good God.
 2. Deep and genuine healing will always be tied to an accurate knowledge of God's sovereignty and character. The clearer our understanding of who God is, the more profound our healing will be.
 3. Because God is love, and because God rules over all, everything that comes into our lives is filtered through His sovereign fingers of love.
 4. Because God is all-knowing, He knows the very source of your deepest pain—and He understands exactly how to touch it, heal it, and use it to bring about your highest good.
 5. No hurt is so strong that it can separate you from His love. Your hurt is not intended to drive you from God but to God.
 6. Nothing that has ever happened to you has escaped God's notice. You can trust that He will bring to account everyone who has hurt you, in His time and in His way.
 7. Deep hurt can happen to upright, blameless people; it is not always deserved or earned.
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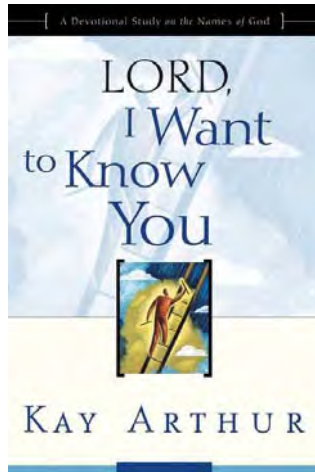
8. When we sin, we will find ourselves facing the consequences. But when we submit to God in repentance and seek His help, we can get through those consequences and step onto the path to hope and healing.
9. Wherever you are, whoever you are, whatever you have done, there is hope because there is God. He is a God of hope; redemption is His business.
10. God's grace is brought to fullness in our lives as we release our hurt and draw on His power in our weakness.
11. Deep, exhausting, unrelenting hurt can bring you to the end of yourself—to complete and total dependence on God—which is the best place you could ever be.
12. Whether your hurts have been caused by someone else's actions or by your own sins and failures, healing begins at the cross—the greatest expression of God's love for you.



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