

Buried Hurts



One day I dug a little hole
And put my hurt inside.
I thought that I could just forget
I'd put it there to hide.

But that little hurt began to grow.
I covered it every day.
I couldn't leave it and go on;
It seemed the price I had to pay.

My joy was gone, my heart was sad,
Pain was all I knew.
My wounded soul enveloped me;
Loving seemed too hard to do.

One day, while standing by my hole,
I cried to God above,
And said, "If You are really there—
They say You're a God of love!"

And just like that He was right there,
And just put His arms around me.
He wiped my tears, His hurting child,
There was no safer place to be.

I told Him all about my hurt;
I opened up my heart.
He listened to each and every word,
To every sordid part.

I dug down deep and got my hurt;
I brushed the dirt away,
And placed it in the Master's hand,
And healing came that day.

He took the blackness of my soul
And set my spirit free.
Something beautiful began to grow.
Where the hurt used to be.

And when I look at what has grown
Out of my tears and pain,
I remember to give my hurts to Him
And never bury them again.

—By Carol Parrott

When Leonardo da Vinci was working on his painting *The Last Supper*, he became angry with a certain man. Losing his temper, he lashed the other fellow with bitter words. Returning to his canvas he attempted to work on the face of Jesus, but was so upset he could not compose himself for the painstaking work. Finally he put down his tools, sought out the man he had quarreled with, and asked his forgiveness. The man accepted his apology, and Leonardo was able to return to his workshop and finish painting the face of Jesus.

It is hard to stay angry at someone when you are looking in the face of Jesus Christ. It is when we lose sight of Jesus that we hold onto our anger and grudges.

—Hope Fellowship

It takes divine, supernatural grace to forgive and to let God heal us when we've been hurt. Our human tendencies to take things into our own hands make us want to punish the offending person, or to at least make them feel what they have done to us, if we have been hurt. Jesus taught us to pray, "Forgive us, as we forgive those who have trespassed against us," and without His help, we can't even pray that prayer.

But God can give us the grace to not only forgive, but also to forget. With His help we can let things go—drop them, truly leave them behind and never bring them up again. This is divine, supernatural, all-encompassing love—the kind only Christ can give. He has it for you! And He has it for me, too. Thank You, Jesus.

—David Brandt Berg