

# “Compensating for Wounds”

## Sermon Notes

Wound: A deep sense that there is a core part of me that is unlovable, unacceptable, and unwanted.

Moses was well **educated**.

Acts 7:22 NLT

Moses was taught all the wisdom of the Egyptians, and he was powerful in both speech and action.

Moses felt **rejected** by his own people.

Acts 7:23-25 NLT

“One day when Moses was forty years old, he decided to visit his relatives, the people of Israel. He saw an Egyptian mistreating an Israelite. So Moses came to the man’s defense and avenged him, killing the Egyptian. Moses assumed his fellow Israelites would realize that God had sent him to rescue them, but they didn’t.”

Moses lived in **fear** in a foreign country.

Acts 7:29 NLT

When Moses heard that, he **fled** the country and lived as a **foreigner** in the land of Midian. There his two sons were born.

Moses had **anger** management issues.

Numbers 20:11-12 NLT

Then Moses raised his hand and **struck** the rock **twice** with the staff, and water gushed out. So the entire community and their livestock drank their fill.

But the LORD said to Moses and Aaron, “Because you did not trust me enough to demonstrate my holiness to the people of Israel, you will not lead them into the land I am giving them!”

How do wounded people find healing for their wounds?

1. Tell the **truth** to God and yourself.
2. Be **receptive** to God's healing.

2 Corinthians 7:9 NLT

Now I am glad I sent it, not because it hurt you, but **because the pain** caused you to **repent and change your ways**. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way.

3. Become a wounded **healer**.

2 Corinthians 1:4 NLT

He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

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## Small Group Notes

Share a time from your childhood when you crashed a bike, broke a bone, sprained an ankle, or skinned a knee.

We have all experienced painful physical wounds from time to time. On a deeper level are painful wounds to the soul. We described that type of wound as “a deep sense that there is a core part of me that is unlovable, unaccepted, and unwanted.” It is an injury to the core of our being that seems to forever affect us. We all get them, big or small.

*read Acts 7:20-29.* Some of life's most successful people are—underneath it all—some of the most wounded people. Why do you think that some of the most wounded people can end up becoming some of the most successful people?

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Moses compensated for his wounds by achievement in education, intellect, leadership and public speaking skills. Please share ways you have compensated for some of your own wounds?

*Read Acts 7:23-25* Moses attempted to reconcile with his own people, the Israelites. It backfired horribly, and we read in Acts 7:29 that Moses fled to Midian after this further rejection. When we are feeling hurt, rejected, unloved, and unappreciated, how do we tend to react? How do we treat others when we are feeling the hurt from these wounds?

*read Numbers 20:11-12.* What did Moses do wrong? Why do you think he struck the rock? How did God react to this?

APPLICATION: Three Steps toward Healing

Tell the truth to God and yourself. Change begins with an awareness, an honest assessment of the situation. What is something positive that can happen as a result of being honest with ourselves and God?

Be receptive to God's healing in your life. God wants to help us through our pain. He wants to help heal us from these wounds. But God wants us to take the first step towards him. *read 2 Corinthians 7:9.* Have you experienced eventual good that followed a painful experience in your own life?

Become a wounded healer. *read 2 Corinthians 1:4.* How can we help others going through the same pain that we have been through? Which is the hardest of the three steps for you to do?