

OVERCOMING
hurtful
WORDS

Rewrite Your Own Story

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GLOSSARY

Fault line: a past hurt.

Fracture: a present pain.

Heartlift: the process of vocalizing crushing pain in a healthy manner that brings closure, emotional healing, and lasting freedom.

Heartrift: deep wounds caused by heartbreaking words from close, trusted friends and family members.

Heartshift: that moment in time when the heart awakens to truth.

Heartsift: taking necessary time to examine past behaviors/communication skills (or the history of hurts) thoroughly to isolate those that are unhealthy.

History of hurts: a heart's emotional memory.

Meditative exercise: a short, creative narrative, imbued with visual imagery, meant to be read aloud in order to open the heart to God and His Word.

Rewind and reset: revisiting past relational conflict in order to evaluate healthy vs. unhealthy patterns.

WHOLE: An emotional power tool to implement when confronted by the hurtful words and actions of others. With repetitive practice and study, these five steps become second nature:

W = Welcome God in.

H = Hold fast to your truth.

O = Overcome Unhealthy Reactions

L = Listen between the Lines

E = Elevate the Atmosphere

Simple questions to ask yourself in evaluation might be:

- How am I doing physically and emotionally (the visible realm)?
- How am I doing psychologically and spiritually (the invisible realm)?
- Which of these stressors affects my fault lines:
 - People pleasing?
 - Approval seeking?
 - Overachieving?
 - Legalism?
 - Shaming?
 - Perfectionism?
 - Fear of rejection?
 - Excessive worry?
 - Repressed or suppressed anger?
 - Insecurity or inferiority?
 - Caring too much?
 - Not knowing how or when to say no?
 - _____? (Fill in the blank)

These questions can feel overwhelming, but you are not alone. You can find community online at www.overcominghurtfulwords.com. Better than that, God has promised to stay by your side. It's time to move forward to healing. In this moment of decision, make the pledge.

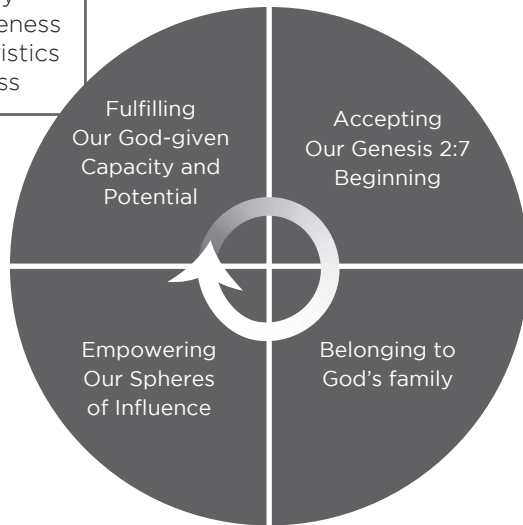
The Overcoming Hurtful Words Pledge

Today, I pledge that I am ready, willing, and able to commit to this heartlift journey. I know it will require honesty, hard work, and a big dose of humility. When the going gets tough, I will remember that God, the author and finisher of my faith (Hebrews 12:1–2) is with me, even if, at times, I feel as though I am all alone. His silence is not His neglect; He knows the perfect time, has the perfect plan, and is never late (Ecclesiastes 3:14). He will help me move through this scary place of pain and into the beautiful, sacred space of peace, so that I can live, love, and laugh again. When I need help, I will ask for it. When I want to isolate myself and hide away, I will instead seek the company of wise women who will walk beside me. When I need courage, I will whisper my brave, three-word prayer—*God help me*. Amen.

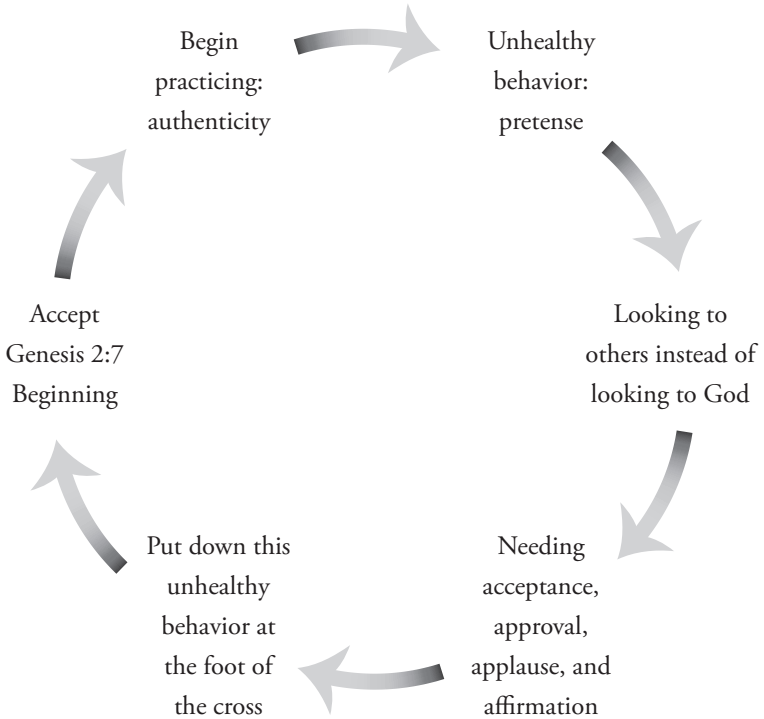
Signed, this _____ day of _____ (month/year),

Identity expressed:

- Self
- Personality
- Distinctiveness
- Characteristics
- Uniqueness

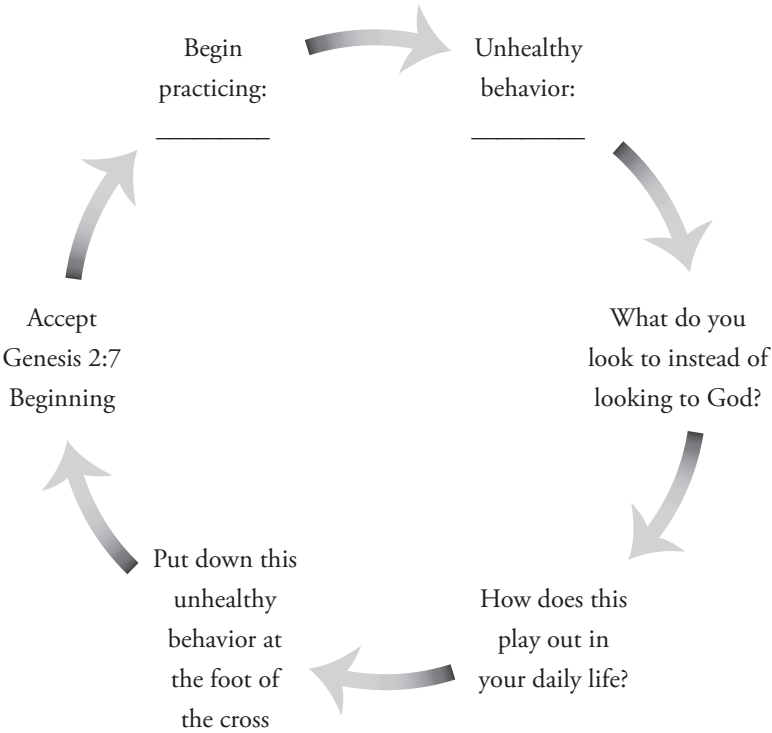


Using the simple diagram below, I charted my history of hurts.



Now, it's your turn. Chart your own history of hurts, starting with these questions. Then, summarize and fill in your diagram below.

- Why do I think the way I do?
- Why do I hear the way I hear?
- Why do people treat me the way they do?
- Why do I treat people the way I do?

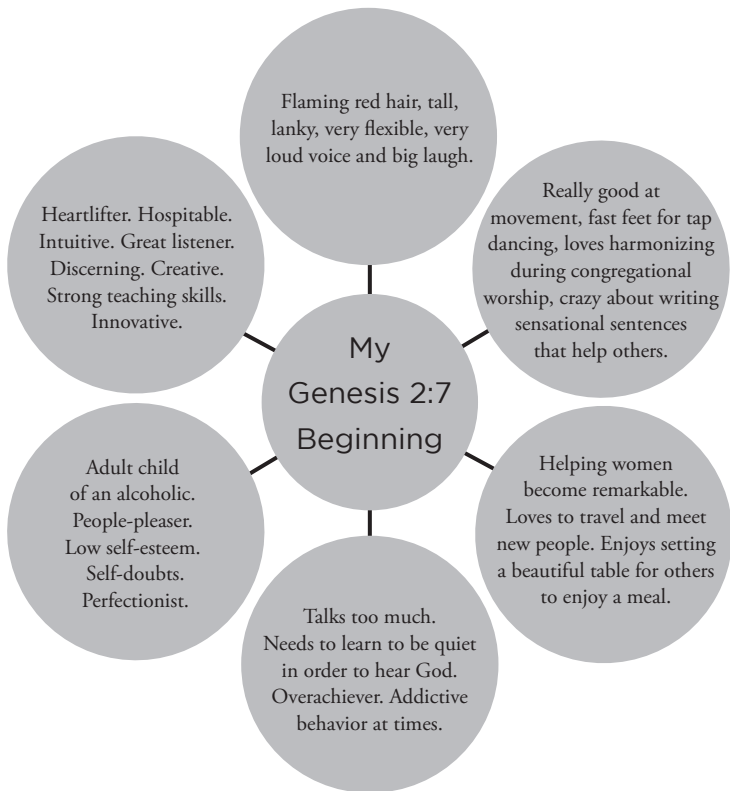


Accept
Genesis 2:7
Beginning

Reframe: Creating Your Vision of Victory

Revisit the meditative exercise “Your Genesis 2:7 Beginning” (found on p. 53). Grab two 8½ x 11 sheets of paper or use a page in your journal. Draw a simple cluster diagram.





Mean (adjective) ³²	Well-Meaning (adjective) ³³
<ol style="list-style-type: none"><li data-bbox="160 466 442 540">1. Offensive, selfish, or unaccommodating.<li data-bbox="160 551 506 751">2. Small-minded [having narrow interests, sympathies, or outlook—marked by pettiness, narrowness, or meanness.]	<ol style="list-style-type: none"><li data-bbox="561 466 873 498">1. Having good intentions. What is an intention? An act or instance of determining <i>mentally</i> upon some action or result.

Stay is an interesting word. Derived from the Latin root *stare*, it literally means “to stand.” Take a look:

Stay (Intransitive Verb) ³⁷	Stay (Noun) ³⁸
<ol style="list-style-type: none">1. To stand firm.2. To sustain or strengthen mentally or spiritually; to rest on something for support.3. To stick or remain with (as a race or trial of endurance) to the end—usually used in the phrase <i>stay the course</i>.	<ol style="list-style-type: none">1. A capacity for endurance.2. A sojourn or temporary residence.



Figure 1. The crushed heart: unhealthy, heartrending behaviors



Figure 2. The whole heart: healthy, heartlifting behaviors

GRUDGE

Hebrew: *natar*

to guard; figuratively,
to cherish anger.

Grudge defined:

“To be discontented at another’s enjoyments or advantages; to envy one the possession or happiness which we desire for ourselves.”
(Websters, 1828.)

Give up the

GRUDGE.

Grudge not one against another, brethren, lest ye be condemned; behold, the judge standeth before the door. —James 5:9 (KJV)

GOD IS SHEER MERCY AND GRACE; NOT EASILY ANGERED; HE’S RICH IN LOVE. He doesn’t endlessly nag and scold; nor hold grudges forever. He doesn’t treat us as our sins deserve, nor pay us back in full for our wrongs. As high as heaven is over the earth, so strong is his love to those who fear him. And as far as sunrise is from sunset, he has separated us from our sins. —Psalm 103:6–12 (MSG)

Do not nurse hatred in your heart for any of your relatives. Confront people directly so you will not be held guilty for their sin. Do not seek revenge or bear a grudge against a fellow Israelite, but love your neighbor as yourself. I am the LORD. —Leviticus 19:17–18 (NLT)

Love (n) defined:

“An affection of the mind excited by beauty and worth of any kind, or by the qualities of an object which communicate pleasure, sensual or intellectual. It is opposed to hatred.”
(Websters, 1828).

LOVE

Greek: agape

affection, good will,
benevolence,
brotherly love.

Live out the

LOVE.

A new commandment I give you: Love one another. As I have loved you, so you must love one another. —John 13:34

Above all, love each other deeply, because love covers over a multitude of sins.

—1 Peter 4:8 (NIV)

LOVE IS PATIENT AND KIND. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice, but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

—1 Corinthians 13:4–7 (NLT)

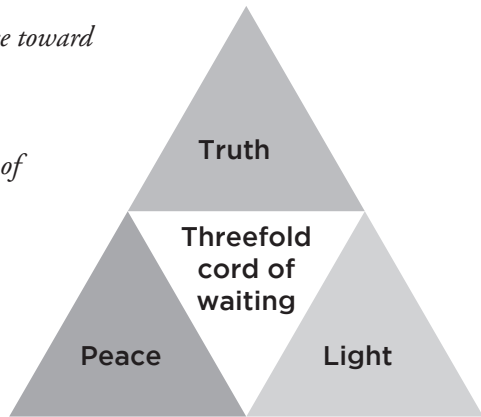
Spiritual	Simple daily practices where we collect strength. This leads to a heart of rest. A heart at rest is a heart at its best.
Mental	Daily, minute-by-minute choices to transform emotion-driven behaviors—emotional regulation. Emotions are God-given, yet we are not to be ruled by them. Here, we pray for the fruit of the Spirit, especially self-control, to develop in our lives. Eventually, spiritual maturity unfolds like a beautiful, fragrant rose.
Physical	Continued, strategic, intentional development of the nine practices presented in this book.

The Threefold Cord of Waiting

Letter One: *Turn your face toward
the Light.*

Letter Two: *Let the Spirit of
Truth be your guide.*

Letter Three: *Experience
the Peace that passes
all understanding.*



Tough ⁷⁰	Tender ⁷¹
<p>1. Able to withstand great strain without tearing or breaking; strong and resilient.</p> <p>Synonyms: durable, resilient, sturdy, rugged, solid, long-lasting, made to last.</p>	<p>1. Easily crushed or bruised; considerate and protective; characterized by or expressing gentle emotions; loving.</p> <p>Synonyms: caring, kind, tenderhearted, warmhearted, affectionate, softhearted, generous, giving, maternal.</p>

Trust (verb) ⁷⁴	Reliance (verb) ⁷⁵
<p>1. A reliance or <i>resting of the mind</i> on the integrity, veracity, justice, friendship, or other sound principle of another person.</p> <p>2. Firm belief in the reliability, truth, ability, or strength of someone or something.</p> <p>Take notice: resting of the mind and “on the” portion of this definition. Trust has to be “in” or “on” someone or something.</p>	<p><i>Rest or repose of mind</i>, resulting from a <i>full belief</i> of the veracity or integrity of a person, or the certainty of a fact.</p> <p>Take notice: rest of mind and a full belief.</p>

Veracity (noun) ⁷⁶	Integrity (noun) ⁷⁷
<p>Habitual truth.</p>	<p>The quality of being honest and having strong moral principles; moral uprightness.</p>

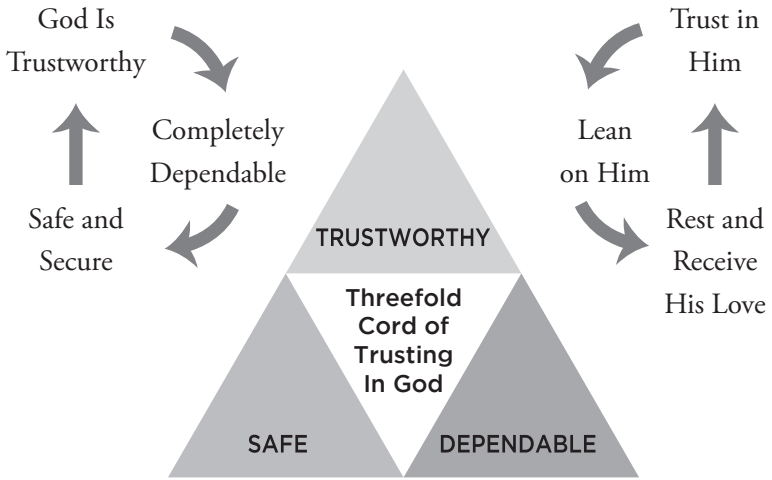
Veracity (noun)⁷⁶

Synonyms: truthfulness, accuracy, correctness, faithfulness, fidelity, reputability, sincerity, honesty.

Veracity is the cornerstone of God's character. Numbers 23:19 ESV says, "God is not a man that he should lie, nor a son of man, that he should change his mind."

Integrity (noun)⁷⁷

Synonyms: honesty, honor, good character, righteousness.



Best ¹⁰⁰	<p>Translated from Greek, <i>kreitton</i>, means “more useful, more serviceable, more advantageous, and more excellent.”</p> <p>Root of <i>kreitton</i>, <i>kratos</i>, means “force, strength, and mighty in power.”</p>
Excellent ¹⁰¹	<p>Translated from Greek, root, <i>hyperbole</i>, means “a throwing beyond others; beyond measure, exceedingly, superiority.”</p>
Way ¹⁰²	<p>Translated from Greek, <i>hodos</i>, means “a traveller’s way; a way of thinking, feeling, deciding.”</p>

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