



# Hurt people will hurt people

October 14, 2019

**GENESIS 27:38 NKJV - (38)** And Esau said to his father, "Have you only one blessing, my father? Bless me—me also, O my father!" And Esau lifted up his voice and wept. Esau is in "**PAIN**"

**GENESIS 27:41A NKJV - (41A)** So Esau hated Jacob because of the blessing with which his father blessed him. Esau has a "**PASSION**."

**GENESIS 27:41B NKJV - (41B)** Esau said in his heart, "The days of mourning for my father are at hand; then I will kill my brother Jacob." "**PLAN**."

**GENESIS 27:42 NKJV - (42)** And the words of Esau her older son were told to Rebekah. So she sent and called Jacob her younger son, and said to him, "Surely your brother Esau comforts himself concerning you *by intending* to kill you. "**PRISONER of his own emotions**."

When we are hurting, it may seem that the whole world is closing in on us, but in reality, it's not. It's our perception of the situation. Sometimes a simple ray of sunshine through a kind act or word can turn your rain into a rainbow, and if we give our rainbows a little time after the storm, they will appear. But truthfully, this is not how many of us deal with a painful situation. Often times when we hurt, we have a tendency to want to hurt others and lash out at those that are closest to us. We hold grudges, say hurtful things and even engage in hurtful actions, many times thinking that this will be a means to "get back" at the other person and to "let them know how it feels".

What problem does this solve? More often than not, this does not solve the problem. It usually only makes the problem worse and makes you feel even miserable than you did before. When this takes place, a snowball effect happens. You're still hurting, you hurt someone else and their hurt may trickle down to someone else. Overall with just one action, you can have a negative effect on someone's life and the lives of others. Don't hurt others just because you're in pain; this will not solve the problem and only will make things even worse.

In the above mentioned scriptures, Esau's damaged character takes notice. Esau is in serious pain and his passion of hate is growing for his brother, therefore, Esau has revenge on his mind to get Jacob back. In the process of all this Esau locks himself up in his own emotional prison! And these symptoms take place today, just as they did then all because of "**HURT!**"

We get mad, angry, resentful, bitter, unforgiving, revengeful, grudging, hateful, etc. And we walk around or live with this for days, months and for many, "Years!" We even accept the lie that that this is my norm. Let's rewind the film to **GENESIS 25:29-34**. This all started with Esau. He is being careless and making deals with the devil (Jacob the deceiver). If Esau knew his value, knew who he was, if he knew his blessings, he would have been more careful about making unhealthy (spiritually) deals. Many of us today have not taking responsibility for our up bringing's of unhealthy dealings. Plus we want to blame everybody else and take no responsibility. We remain in denial that we had any part so we can control the situation at hand. Manipulate the offender (even though Jacob was just being himself – **deceiver**). You are miserable in your own way, but the devil continues to whisper in your ear, "There is nothing wrong." Therefore, you live your life unhealthy and for some blaming God for your own mistakes and you hurt people because you can't get your way.

On the other hand, many of us are like Jacob. Deceiving, cunning always trying to get over on someone or something and we get ourselves in situations where we end up running from it because we refuse to face our bad motives. We wrestle with God and we try to disable Him and instead we end up disabled. This took place for a span of twenty years. Until **Genesis 33:1-4**.

(1) They **FACED** each other. The offended put down his pride to face his dilemma(s). Meaning past to present.

(2) They **FORGAVE** each other. Both men were aware of their wrong doings and even the dirt they participated in during their years apart. Neither one brought up the past. They knew, but because love conquers, they missed out on the blessings because they allowed the enemy to get the best of them. To forgive is a term of total "**Dismissal**." So for those who say its ok not to "forget", you are not with God's command of forgiving. I am aware we are human, but we are not God! We are humans, but we can do all things through Him!

(3) They moved **FORWARD** together. Both are now focused as God designed it. They had catching up to do. The matter was corrected by each one by addressing their role in forgiveness to themselves.

The truth is, holding on to anger only ends up hurting you in the long run. These things manifest themselves in physical symptoms: headaches, gastrointestinal problems, signs of more rapid aging, as well as internal symptoms, not being able to sleep at night, lost of appetite and not so positive change in moods.

Do you know that person that you try to avoid at all costs because you just know it's not a good day for them (any day) and they show it and complain about it? This might be a really good person, but they've allowed their feelings, their anger, someone else's actions to lead them to an unhappy state and they carry that unhappiness everywhere they go. Are you **THAT** person? I certainly hope not. But the truth is, you must first you admit that you have a problem. And then you can work on the problem. You don't have to continue to live that way. Change is possible. As a matter of fact, we have an opportunity to change for the better everyday.

**SCRIPTURE READING: JOB 5:11**

**THOUGHT FOR THE WEEK:** Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; You are the one who gets burned.