

What to Do When You're Hurting Mark 5:25-34

Good morning everybody! I'm glad you're here today. We're in the third part of our series on "God's Got You!" It's a series about how God takes care of us in the midst of our difficulties. You don't have to be stressed out when it seems like things are falling apart because God's got you and he's got you covered and he will make sure you're protected and provided for. In the next few minutes, I'm going to talk about "What to Do When You're Hurting."

As a picture, as an example of our hurts, I brought this rock with me today. I'd like to ask you. If I happen to drop this rock on my toe, would it hurt? Definitely. But you wouldn't feel it. But if I dropped it on your toe, then that would hurt, right, because it's *your toe*.

The truth is we have all kinds of hurts in our lives. I don't know what your hurts are and you don't know mine. Sometimes we do when we share. We've got family hurts. We've got financial hurts. We've got relational hurts. We've got personal hurts. We've got emotional hurts. We've got spiritual hurts. Our lives are filled with all kinds of hurts.

I've got a choice when it comes to the hurts in my life. I can carry those hurts through my life or I can do what I feel like doing with this rock right now, because I've been holding it for a while. I can find a place to finally set it down and get some relief.

I'm going to talk today about what to do when we're hurting. And how Jesus Christ heals our hurts. But at the outset, I'd like to put in our minds the picture of two different kinds of ways of healing our hurts. When I get hurt there is a long-term answer and there is a short-term answer that I need.

For instance, if I dropped that rock on my toe, I might lose my toe. It could turn black and it'll hurt a lot and I would go to the ER but the doctor would say, "Don't worry. The color will come back in time. You won't lose your toe." That's good news. Because that means I can still preach. Do you know that your big toe keeps you balanced when you stand? Anyway, not losing my toe is the long-term answer.

But there's also a short-term question I'm going to ask the doctor, "Can you stop it from hurting right now? Can you do something about the pain?"

When it comes to all these other hurts we just talked about – family, financial, emotional, relational – all the hurts of life, there's that long-term and short-term answer also. God gives us very clearly his long-term answer to our hurts.

Revelations 21:4 says this *"He will wipe away every tear from your eyes. And there will be no more death, sadness, crying or pain. Because all the old ways are gone."*

That is God's long-term answer through our trust in Jesus Christ. That's what a relationship with Christ means. There'll come a day when there will be no more death or crying, or tears or pain. That's God's long-term answer. Our toe is going to be saved! The hurts are going to be gone!

That's great. But is that all that I have? Can God do something in my everyday life now with the hurts that I'm feeling? Is there a short-term answer also? And the answer is yes. Jesus Christ wants to do something long-term but also short-term. He can heal the hurts that are in my heart and in your heart today. That's encouraging news.

Now, we all know that God doesn't always change our outer circumstances. There are some circumstances you're going to live with the rest of your life. And you cannot change those circumstances. But he can always heal our inner hurts.

Your finances may or may not be restored. You had a dream of how they were going to be. They haven't turned out that way.

Those finances may or may not be restored. But whether or not they're restored, God can still heal you of the hurt of disappointment.

When you look at your past and see some hurt that came into your past, maybe through some person, the past cannot be changed. That person may never show up on your doorstep and say, "I want you to forgive me." But that does not mean that God cannot heal you of the hurt of abuse or pain that came through that person.

When you look at yourself, there may be some sin that you committed that you know has hurt yourself and hurt others – maybe deeply. You can't change the past. You can't undo that sin. But God can heal you of the hurt of guilt and shame that you may be facing. God can heal our inner hurts.

In fact, when it comes to our hurts, here's the truth about our hurts. Your hurts in life are either held or they are healed. One or the other. They're either held or healed. If I hold them they're like this rock. I hold it through life and it wears me. I get more and more tired through life and I think, "What's wearing me down?" It's that I'm holding on to my hurts. You don't have to hold on to them. They can be healed. Jesus Christ can heal us of those inner hurts. They're either held or healed.

And if you hold on to those hurts Satan will use them to make you bitter. We all know people like that. They've held on to their hurts and at the end of the life they've lived all they have is their hurts. And they're just bitter people.

Today, I'd like to talk about a woman that Jesus met in the crowd who'd been hurting for twelve years and how Jesus Christ was able to make a difference in her life. Let's get our Bibles and turn to **Mark 5:25-34**.

Now, just before we meet this woman, Jesus was approached by a city official named Jairus and said, "Jesus, there's a need in my household. My daughter is sick. Can you come with me?" And Jesus said, Yes, I will.

So Jairus is trying to rush Jesus through this crowd. In the middle of this, this woman sees Jesus and realizes that she needs what only he can do and they have a meeting and in that meeting she is healed.

So if you're looking at your life and saying, I need some healing from my hurt today. Or if you know someone in your life that needs some healing from their hurt, where does it start? Let's learn from this woman. What do you do when you're hurting?

1. You trust Jesus to break the barriers.

By barriers I mean the things or the reasons that make us feel like "I've got to live with this hurt the rest of my life. It's never going to change. I'm just going to be hurt, bitter, the rest of my life." The barriers are the things that cause you to lose hope and to feel like there is no more hope. This woman that met Jesus in this crowd that day, she is a case study in the things that cause us to lose hope. She had all of them in her life. You see them in just a couple of verses in **Mark 5:25-26**. *"And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse."*

Let's just walk through these things that cause us to lose hope. As we walk through it look at how God can help us break through some of these barriers.

a. The first barrier she faced was "It's been so long."

The fact that this woman had been sick for twelve years didn't mean she was going to be sick for thirteen. But it made her *feel* like she was going to be sick for thirteen. But what happened that day is everything changed in a moment. She met Jesus Christ and in a moment everything changed. That's where the hope is. God can do what we cannot do.

b. Another barrier is this barrier of "I've been disappointed so many times."

This woman had suffered under the care of many doctors. Doctor after doctor after doctor. Disappointment after disappointment after disappointment. She came to the point where she had to feel like there was no hope out there. The truth of the matter is, she'd had all these disappointments in her life but God didn't disappoint her. In the end he showed up and helped her.

People will disappoint you but God never will. In Hebrews 13 it says that "*God will never leave you nor forsake you.*" So, you hold on to the one who won't disappoint you. Ever.

c. Another barrier that this woman faced was "I don't have the resources to deal with this anymore."

Not having resources is a barrier to hope and if you're going to get help and healing you've got to break through these barriers.

This woman had spent all she had. She'd come to the end of her money. She still hadn't found an answer. You might want to put in there, for the word "resources", "I don't have the *time* to deal with this... I don't have *the money* to deal with this... I don't have *the emotional energy* to deal with this." You might be thinking, "I would like my relationship – my marriage – to work but I just don't have the emotional energy to try one more time. I don't have the resources.

Here's where the hope is. You never lose your greatest resource. You may not have the time. You may not have the money. You may not have the energy. But your greatest resource isn't in any of those things. Our greatest resource in life when it comes to healing is God's love for us. And you never lose that resource. It is your greatest resource.

You see, when you come to the end of your resources, your greatest resource is still there. God's love for you. You trust in that. That's where you find hope.

This woman had another barrier.

4. She also had the barrier of "Things are getting worse and not better."

Not only had she been sick for twelve years, but things were going downhill. Instead of getting better, she grew worse even after visiting all of these doctors.

You may be in the same situation. You may be asking, “Why doesn’t God heal me? I’m getting worse.” Friend, I don’t know the answer. There are a lot of people of great faith in the Bible who asked God to heal them of a physical illness and he decided not to. Why? I don’t know. I would be foolish to stand up here and say I can explain to you why God sometimes heals a physical ailment and sometimes he does not. I don’t know. Maybe when we get to heaven someday, he’ll tell us.

But I do know that when we’re sick we’re supposed to ask him to heal us. He’s told us to talk to him like children. So as a child I go and say, “God, I’m hurting. Could you heal this? Could you help it not to hurt?” Sometimes the circumstances change and sometimes they don’t. But whether they change or not, God can heal your heart.

Many of you know Joni Eareckson Tada. Even though she’s a quadriplegic from a teenage diving accident, her statement is, “I’d rather be in this wheelchair with God than on my feet without him.” She’s a lady who found healing in her heart rather than in her body.

The apostle Paul himself had a physical ailment. He asked God to take it away and God said, no. And here’s what he learned in that. *“I pleaded with the Lord to take it away from me. But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”* (2 Cor. 12:8-9) So, pray for physical healing. But whether it comes or not realize God can do something in your heart. He can do a healing in your heart that is an incredible and great thing. He can break through the barriers that say, “You have no hope”. He can break through the barriers that say, “You can’t trust God in this circumstance”.

What amazes me about this woman is with all of these barriers, and she had them all, she still had hope. She still had faith. How did she get there? She got there by trusting Jesus to break the barriers. You trust him to break your barriers.

What we try to do a lot of times is we think, “I’ll get all the barriers out of the way. I’ll figure all this out. I’ll get my life all cleaned up. I’ll get all the hopelessness put aside and then I’ll come to Jesus Christ and say, ‘Here I am. I’m ready to trust in you.’”

The problem is that barriers are the hardest part. But You trust him there. You don’t wait until you’re all perfect in your heart to come to him. You come to him with your heart like it is right now. Broken and hurt. He’ll meet you where you are.

1 Peter 5:7 says, “*Cast all your anxiety on him because he cares for you.*” He knows what you’re going through and the barriers in your life. He will break those barriers for you. That’s where you start.

II. Then you trust Jesus to bring you healing.

How do we trust Jesus Christ to help us with a hurt that’s in our heart?

Again, this woman is our example. Even though we can’t do exactly what she did, we can learn from her. Look at what happened to her that day. **Mark 5:27**

“When she heard about Jesus, she came up behind him in the crowd and touched his cloak, because she thought, ‘If I just touch his clothes I will be healed.’”

In that verse, I want you to note two words “thought” and “touched”. Although it’s in the reverse order, the verse actually says she thought first and then touched. Those are the two things you do. That’s the key to trusting him to help you. Thought and touch.

She thought, “If I just touch him.” The battle for this begins in your mind. You’re either thinking hopeless thoughts or hopeful thoughts.

You're either thinking faithless thoughts or faithful thoughts. So how do you get your thoughts in the right direction when you're hurting?

You can focus your thoughts in one of three places. You can focus your thoughts on yourself – self-pity or self-reliance when you're hurting. You can focus your thoughts on others – blaming them for what they've done in the past or hoping that they're going to make everything better. Or you can focus your thoughts on God. The beginning place is to get the focus off of yourself or get the focus off of others and you get the focus on God.

A lot of us have thoughts of healing. We have thoughts of God doing good things in our life. But nothing ever happens because we never do the second thing. She did something about it. She went and she touched Jesus that day. She had faith in him in the crowd that day. She got in touch with God.

No one is going to force you to get in touch with God. God could but he's chosen not to. He's chosen to give us a choice. This woman chose that day to get in touch with God.

What happens next is very interesting. The Bible says she touched his clothes. But there's a word that's used there that understanding it gives us some insight into what's going on here. The word that's used there in another of the gospels is not just clothes, but the tassel of his garments. In that day a Jewish man, a rabbi like Jesus would wear a prayer shawl that had tassels on the four corners of the garment. They had it because the Old Testament told them to. The Old Testament said they ought to put these tassels on their garments to be a representation of the command of God.

But in that day, in Jesus' day, there was the popular opinion that when the Messiah came –if you would touch the tassels of the garment of the Messiah you would be healed. So, when this woman was touching that tassel, she wasn't just doing some mumbo-jumbo, superstitious, faith healing thing.

Like some televangelists who say, “Touch your TV screen while I pray and you will be healed”. No. She was trusting in Jesus for who he really is. You see, the hurts of our hearts are healed when we trust in Jesus for who he really is. That’s how the healing comes. That’s what that woman did that day. She had faith in Jesus as the Messiah, the Promised One from God. That’s what you and I can do.

I want to remind you, she was not the only one in the crowd that day. There was this huge crowd. But she was the one who trusted in him for who he really is. The truth is, you can be in a large crowd of people and recognize that Jesus was there, Jesus was present, but miss what he can do in your life. It happens in church all the time. You can come to church, be in a crowd with other people and miss Jesus in the crowd.

You might come because you were invited. You might come because of habit. You’ve done it before. But the truth of the matter is, you’re missing Jesus Christ in the crowd. You’re missing the fact that he really loves you. He wants to make a daily difference in your life. He’s got hope to give you today. He’s got just the right word at just the right time to get you through *today*. But we miss that sometimes. This woman didn’t and she encourages us not to miss the fact that he wants to make a difference in our life. In her life, faith made the difference and it still does. In **Psalm 50:15, God says, “Call on me in the day of trouble; I will deliver you, and you will honor me.”**

Are you in trouble today? Are you hurting? Just call on Jesus. Touch him with your prayer.

This woman teaches us that if the hurts of our hearts are going to be healed, we start by trusting Jesus to break the barriers. Then we trust him to bring us healing. Finally,

III. You trust Jesus to bless you when you share with others.

This woman didn't want to share. She touched Jesus' garments. Then she started to melt off into the crowd. She wasn't going to tell anybody. She knew she had been healed but that's all she wanted. Nobody's ever going to know about this. But then something happened.

Mark 5:30, 33 "At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, 'Who touched my clothes?' ...Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth."

Why was this so important? Why did Jesus do this? She was trembling. She was afraid to do this. He certainly didn't do it to embarrass her. So why in the world did Jesus make her come to him and tell her story?

Because Jesus wants to be honored and glorified. Remember the verse I gave you earlier? *"Call on me in the day of trouble; I will deliver you, and you will honor me."* (Psalm 50:15) Jesus wanted others to know that he was the Messiah, who had come to rescue people. And heal them. And save them. It is by telling others who he is and what he has done that he is glorified. In fact, David also writes in Psalm 34:1-3, "I will extol the Lord at all times; his praise will always be on my lips. I will glory in the Lord; let the afflicted hear and rejoice. Glorify the Lord with me; let us exalt his name together." And we know that David has experienced and endured so much pain and sorrow during his lifetime. He wrote this particular psalm at a time when he was being pursued by King Saul's soldiers. To escape from them, he went to the Israelites' enemy the Philistines and pretended to be an insane person. Although they recognized him, King Abimelek dismissed him and he escaped to a cave where he hid. So, he wrote this Psalm to celebrate God's deliverance from his enemies.

Some of us are not so keen in sharing what God has done in our lives. Maybe because we're afraid that it will make us vulnerable, or expose our weaknesses, or we're just plain embarrassed about our past, our sicknesses, our wrong decisions, or our sins. But we have to trust Jesus that he will bring something good out of the bad we've done or gone through. He is the master in making lemonades out of lemons. Don't be afraid of sharing what Jesus has done in your life. Just trust Jesus because somebody else might be experiencing what you have experienced, and Jesus will use that to heal them as well.

Paul says in **2 Corinthians 1:3-4**, "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

Many ministries have been born because of somebody who took the courage to share. Like Joni Earekson-Tada who formed "Friends of Joni" for paraplegics like her. And Nicky Cruz, a former New York City gang leader, who founded "Nicky Cruz Outreach" for misguided young people. And Patricia Layton, a woman who had an abortion and wrote a Bible study guide called "Surrendering the Secret" to help other women find the path to emotional and spiritual healing after an abortion. This is what Patricia said, "Little did I know that God would someday use the most shameful part of my past to unfold His plans for my future. God was about to use me to write a Bible study that would help thousands of women find healing from abortion."

The woman in our story did not feel strongly about telling others that she was healed. Why? According to the law which is in Leviticus 15:25-27, excessive blood flow made a woman ceremonially unclean. Any furniture she touched was unclean as well. If other people touched anything that she had touched, they would be unclean as well.

This woman was very alone. No one would have wanted to be around her. She couldn't go out in public. She couldn't be hugged by her family. Twelve years is a long time to be quarantined from all people!

No wonder she trembled before Jesus. She was afraid of being condemned by Jesus and people around her. But instead of condemnation, she received compassion and comfort from Jesus. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." At that moment, she not only received physical healing. But spiritual, emotional, and mental healing as well. Jesus just made her whole. I'm sure she was saved at that point.

Friend, when you share what Jesus has done for you, you will be blessed, and others will be blessed as well. And it could turn their hearts to Jesus as well. And will result in their salvation.

Just like what happened in the life of another woman as narrated by John in his gospel. In John chapter 4, he describes the time when Jesus encountered the Samaritan woman who was living in sin. She was married five times and she was living in with her boyfriend. Then, Jesus revealed himself to her as the Living Water, a Prophet, and finally, the Messiah. Jesus let her know that he knew all about her and then she was convicted of her sins and realized that Messiah has come to save her, not condemn her of her sins. And then, unlike the bleeding woman, she went to her village and told everyone about the Messiah. As a result, many of them became believers as well.

As I close this message, I want you to see that Jesus has his eyes on you, always. He is not ignoring you although you may be suffering or hurting for quite a long while. In fact, he is waiting for you to come near him. All you need to do is to have faith like the bleeding woman. Just trust Jesus to break the barriers in your life. Trust him to rescue you. And trust him to bless you and others as you share.

This afternoon, I guess the most important question I'll ask you is, "Have you ever trusted Jesus as your personal Lord and Savior? Did you ever acknowledge Jesus as your Messiah, the Christ, the Anointed One?" You see, to find real healing, you have to find the healer. The Healer is Jesus. In the Old Testament, he is also known as Jehovah-Rapha, God who heals. In the New Testament, Jesus showed that he was the Great Physician who heals the sick. In Galilee, Jesus went from town to town, "healing every disease and sickness among the people" (Matthew 4:23). In Judea "large crowds followed him, and he healed them there" (Matthew 19:2). In fact, "wherever he went—into villages, towns or countryside—they placed the sick in the marketplaces. They begged him to let them touch even the edge of his cloak, and all who touched it were healed" (Mark 6:56). Now, not only did Jesus heal people physically, He also healed them spiritually by forgiving their sins like when he said to the paralyzed man, "Friend, your sins are forgiven".

Maybe, that's what you need today. Healing from your sins. Jesus knows all about you like he knew about the bleeding woman and the Samaritan woman. Nothing is hidden from his sight. He knows your past, everything you have done, shameful or not. Despite that, he loves you because the Bible says he came to this world to save the world, not to condemn the world. All you need to do is to let Jesus break the barriers in your life, your disappointments, your guilt, your shame, your sins, and let him take away those and allow him to change you. Surrender your life to him and let him heal your heart and your spirit then he will make you whole. The Bible says, "Therefore, if anyone is in Christ, he is a new creation, the old has gone, the new has come." He carried your sins on his body which was nailed on the cross so that you may be forgiven of your sins. Then, he was buried and rose from the dead on the third day. His resurrection means that he has conquered sin and death forever.

If you believe in what he has done for you, then you will be saved and receive the gift of eternal life. The Bible says, “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus.”