

# HURTS

It's almost hard to believe, but our deepest hurts come from childhood (the family tree is a separate thing) and are connected to our parents. Our parents cannot change, we have to change. Our greatest pain is not even in the hurt itself, but in the blockage of love for those who have hurt us. We should/must look at our wounds, let go and release the pain. These are prerequisites for coping.

Otherwise, we transfer these problems we had with our parents to all people. We have to listen to ourselves and let this come up so that Jesus can heal us now in our condition. Sometimes we still have remnants of this pain from the hurts in us. But we are numb (as if frozen) and these show themselves in certain resistances towards other people and also towards God. Here we have to go through the past once more in order to finally give it up. Let us permit it!

In Jesus we are to receive everything. He is the greatest love. No other person can give us so much love as our good sweet Jesus! He is the greatest gift for us. Let us immerse ourselves in His infinite love that wants to fill us. But we are also allowed to cry, i.e. we are all allowed to cry out our hurts - and this with Jesus; He is with us. He embraces us lovingly, no human being can do this more lovingly.

. . . Let us let Jesus get to our innermost being. Now is the time, now is the hour . . . . .

Let us live fully with Jesus. He will set us free - and even if it takes a little while and we become discouraged again - no, He does it with us. He also tests us to see if we want to walk the whole way with him and not give up on the way. Let us have courage, even if the pain remains. Let us endure.

But how do we react to hurts from the past?

One person breaks away from his tormentors and finds new people to relate to. The other is frozen in his dependence on his tormentors, becomes aggressive, depressed or simply speechless. The other one desperately falls into *d e p e n d e n c i e s* on a series of pleasures, always in search of a thrill. Or he beams himself away through it.

We must remember that overprotective or authoritarian parenting can also produce the same consequences as repeated threats of withdrawal of love if we refuse to obey. We are sometimes helpless because we cannot deal with different feelings and needs. Another trigger is permanent stress.

Depression: An emotional impression that is not expressed remains suppressed. Heavy sweating or frequent urination, a shaky, tearful voice often conceals the urge to give the forbidden tears an outlet. (KH)