Church hurt

By Kittye Craig – Jackson From a New Hope Baptist pew

2 Corinthians 1:5 - "For as Christ's sufferings overflow to us, so through Christ does our encouragement also overflow."

The Rev. Michael Butler was counseling me about, what he calls "church hurt." I had not heard that term before, but he broke it all down to my understanding. We all have experienced and need healing from some form of "church hurt."

Someone asked me once how I've learned to love the church through all the disappointments I've experienced during my Christian life. My response came without thinking: "Because I've had to forgive a lot."

Have you been hurt by someone in the church? Maybe it was a leader, a pastor or another believer. Maybe someone lied about you, stole from you, betrayed you, shamed you, ridiculed you. I get it.

The Rev. Butler challenged me, with Scripture, to make the decision to hurt or heal. I could write a short novel about each lesson God taught me through each one of my "church hurt" experiences. In fact, it feels very vulnerable to even write about them because most of them I've never shared outside of my prayer closet. But having someone like Rev. Butler helping me get through some pain, I've sensed God asking me to share because with vulnerability comes healing. Not just for those who read this but for me too – I write to heal.

I used to operate from the idea that it's good for me not to share my experiences with the world because I want to honor the people – whom God also loves very much – and I could trust God to work all things together for good. Which is all still very true. There is wisdom in leaving things in the hand of God. Because none of us is without sin.

I later learned that I also wasn't sharing them because of shame. I was afraid, if I told people, they'd

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wonder what was wrong with me to stop to acor wonder what my part in it was. Sometimes, there aren't two sides to a story and the truth is just plain ugly. But when you're healing, you don't want to take on one more challenge – especially the one of explaining

But I want to make two important points:

1) None of us is without failures, so we must be careful not to cast the first stone.

2) Everyone is loved by God ... no matter what they've done.

I want to share the most important thing I learned through "church hurts." We get to choose how we respond to the things done to us and, by that choice, decide who we will

Will you be someone who hurts? Everyone who does something hurtful is hurting themselves. Will you hurt others out of your pain? Or will you be someone who heals? Everyone who ministers healing to people has allowed God to heal them. Will you let God use what happened to you for good? Which kind of person would I be? Would I hold on to forgiveness until it became bitterness and become someone who hurt others? Or would I be a minister of reconciliation and share in the sufferings of Christ? If we choose the latter, we are also promised to share in His Glory and have abundant

Romans 8:17 – "Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His

There are three steps to heal from "church hurt."

1) Recognize the injustice, pain, rejection, bullying, etc and validate your emotions by acknowledging it hurt. I've done this step wrong in the past. I wanted to honor God by forgiving people, but I didn't want knowledge my pain. I thought not something against someone also meant to not bring up what someone did. I skipped right to, "God

holding

I trust you. I'm sorry I'm angry, please forgive me." My good intentions were misguided. All I did was stuff my pain. I didn't give myself permission to cry out to God and grieve the hurt I felt. It often came up much later in unhealthy ways. So we can't skip this step.

2) Release the gift of forgiveness toward the offender – the offender owes me nothing. I ask that God show them mercy and bless them. I find, when we can ask God how He sees the person or situation, we gain more compassion too. Sometimes healing comes in stages, so if it comes up again, it doesn't mean you didn't forgive the first time.

3) Receive restoration from God God loves to give us things in exchange for our pain. Isaiah 61:3 says He wants "to comfort all who mourn and provide for those who grieve in Zion — to bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, and a garment of praise instead of a spirit of despair." If you've been hurt by the church, I want to say I'm so very sorry that happened to you. I may not be able to fully understand what you lost or had to go through, but God does. He invites you to sit with Him and cry, complain or question if you need to. I pray His love strengthens you, so you may reflect His kindness and goodness to others who need to know Him too. And remember the way to get healing from "church hurt" is to let the head of the church, Jesus, minister to you through one of His chosen servants like I did.

Church Calendar

BORDEAUX WORSHIP CENTER Services at 10:30 a.m. on Sundays.

BUFFALO BAPTIST 3699 Hwy. 28 N.

• Worship service at 11 a.m. Services can also be viewed on Sundays on the Buffalo Baptist Facebook page at 11 a.m. The Rev. Martin Wiles is

FIRST BETHANY BAPTIST 853 Hwy. 378 E., McCormick

- Inside services are being held at 11 a.m. on Sundays. Masks, gloves and hand sanitizer are available. Social distancing is being practiced. Services are also available on the church Facebook page and website.
- Bible study is held on Wednesday and Sunday evenings at 7 p.m. on the church Facebook page and website.
- No other events are being held at this time.
- For more information, contact the Rev. John Alexander at revjohnalexander@gmail.com.

HOLLOWAY'S THURSDAY HOUR OF POWER

Hardy Foundation Building, Carolina St. • Thursdays at 6 p.m. The congregation will be spacing and worshiping. All are welcome. Bring your Bibles. The Rev. Dr. R.C. Holloway is founder and pastor.

HOLY SPRING BAPTIST 226 Kennedy Rd., P.O. Box 389

In response to COVID-19, there will be no services until further notice. Dr. Linda Murray Tucker is pas-

LITTLE MILL BAPTIST

• Due to COVID-19, worship service has been suspended at the church until further notice. You can still worship with us by dialing 1-701-802-5146 and use access code 1106181#. Sunday morning worship service at 10:30 a.m. Wednesday evening Bible study at 6:30 p.m. The Rev. Gregory

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FREE INSPECTIONS

MODOC BAPTIST

- Sunday school at 10 a.m. Worship at 11 a.m.
- · Wednesday night Bible study at 6:30 p.m. 6:30 p.m.

MT. ZION A.M.E. 185 Mt. Zion Church Rd.

· Virtual services only. Zoom meetings may be attended at https://us-02web.zoom.us/j/461677906. One Tap Mobile: 1-301-715-8592. The Meeting ID is 461 677 906#. For more information, call 864-391-2986 or email mtzionamemcc@wctel.net. The Rev. Lebbie Ligon is pastor.

NEW HOPE MISSIONARY BAPTIST 1680 New Hope Rd.

•Due to COVID-19 concerns, all inperson worship services have been suspended until further notice, including the annual homecoming and fall revival services. Services may be viewed from your computer, tablet or smartphone beginning with morning prayer at 9:30 a.m. and worship at 10 a.m. at https://www.gotomeet. me/JohnJordan2/newhope-missionary-baptist-church-services. may also dial in using your phone: 1-872-240-3212, access code 331-565-389/ The Rev. Michael A. Butler is pastor.

PINE GROVE A.M.E.

317 Pine Grove Church Rd., Plum Branch No service until further notice.

• Community outreach: The Mattie E. Wiggleton WMS and the C.O.M.E. Ministry are donating masks and gloves to people with preexisting conditions in the fight against COVID-19. Call 443-2554 or email pinegroveamechurch@w ctel.net.

PLUM BRANCH BAPTIST 106 Church St.

- · Sunday and Wednesday services are livestreamed on Facebook and on the church website: plumbranchbc.com.
- Sunday school/Bible study at 10 a.m. Morning worship at 11 a.m. · Wednesday nights: Children's pro-
- gram at 6:30 p.m. Youth's program at 7 p.m.

REPUBLICAN UNITED METHODIST 865 Chamberlain's Ferry Rd.

· Sunday school 10 a.m. Church Service 11 a.m.

• Youth ages three and up meet every first Sunday at 5:30 p.m.

SOLOMON POOL CHURCH OF INTENSIVE CARE

• All regular services have been canceled until further notice. Peggy W. Zellars is pastor.

SPIRIT AND LIFE 615 Hwy. 378 West

- Wednesdays: Bible study at 7 p.m. Prayer at 6:30 p.m.
- Regular services: Sunday, prayer at 10 a.m., Sunday school at 10:30 a.m. and morning worship at 11:15 a.m.
- Telephone Bible study at 6 p.m. every Thursday. The call-in number is 701-802-5425. The access code is 517164.
- Spirit and Life will fellowship with Cokesbury Baptist Church on the fourth Sunday each month and return to Spirit and Life at noon for service.
- Bishop Donn M. Lee is founder and pastor (telephone contact: 864-337-0818 and 864-337-6415).

SPRINGFIELD A.M.E. 776 Chamberlain Ferry Rd.

 No services until further notification. The Rev. Marilynn Galbreath is

ST. PAUL UNITED METHODIST 301 Edgefield Rd., Plum Branch

• Sunday service at 9:45 a.m. Come as you are. Bible study at 9 a.m.

VILLAGE CHURCH **OF CHRIST**

 Village Church of Christ meets Sundays at 9 a.m. Contact Michael Kolb at 864-391-4543.

Message for today

Ephesians 3:20: "With God's power working in us, God can do much, much more than anything we can ask or imagine."

God is able to do far more abundantly beyond all that we ask or think according to the power that works within us.

We serve a God who has a plan, a God who is greater than our troubles, a God who makes all things possible.

God is my everything! 2 Chronicles 7:14

-The Modern Day Noah **Submitted by Evangelist Brenda Moore**

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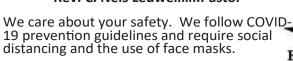
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McCormick United Methodist Church We Welcome You to Join Us in Worship this Week

Worship - Sundays at 10AM

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Michael Allen, Pastor Michelle Allen, Children & Youth Director



COVID-19 Service Schedule

<u>Sunday</u> Worship Services at 9 a.m. and 11:30 a.m.

Wednesday Prayer Meeting 6 p.m.

GOOD SHEPHERD CATHOLIC CHURCH

Invites you to attend services

Saturday at 4 p.m. • Sunday at 11 a.m. Wednesday and Friday at 9 a.m.

1401 Greenwood Hwy., McCormick Father JP Narichetti

Confessions: Saturday 3 - 3:45 p.m. Wednesday and Friday 8:15 - 8:45 a.m. First Friday Mass, Eucharistic Adoration and Benediction 9-10 a.m. For additional information call 852-4722



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