



# MESSAGE NOTES

## Hurt People Can Help People

2 Corinthians 1:3–4

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People often say, “Hurt people hurt people.” But with God, hurt people can become people who help people.

### 1. God Can Turn Hurt Into Help

**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, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

- God often uses our pain to help us care for people who are hurting.

### 2. We Have a Choice in Our Response

**Genesis 50:20**

Joseph said to his brothers: “You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

- Joseph was hurt by his brothers, but he chose to become a blessing instead of seeking revenge.

### 3. Jesus Teaches Us to Break the Cycle of Hurt

- Jesus shows us a different way to respond when we are hurt.

**Luke 6:27–28** “Love your enemies, do good to those who hate you...”

- Jesus teaches us to break the cycle of hurt by responding with love, grace, and forgiveness.

**Conclusion:** Hurt people do not have to hurt people. In Christ, hurt people can become people who heal, comfort, and help people.

Who around you needs comfort from someone who understands? God may want to use the very thing that wounded you to become a source of blessing and hope for someone else.