

FIT-ISH

HANDLING HURT



IF YOU HAD
8 BILLION DOLLARS,
WHAT WOULD YOU BUY?



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A person is running on a large wooden log that is positioned diagonally across the frame. The background is a solid grey color. The word "RESET" is written in large, white, bold, sans-serif capital letters across the middle of the image. The "R" is contained within a white square. The word "RETREAT" is written in smaller, white, bold, sans-serif capital letters below "RESET".

RESET

RETREAT

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HANDLING HURT



WE'VE ALL BEEN HURT



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ALL OF YOUR HURTS
ARE LEGITIMATE

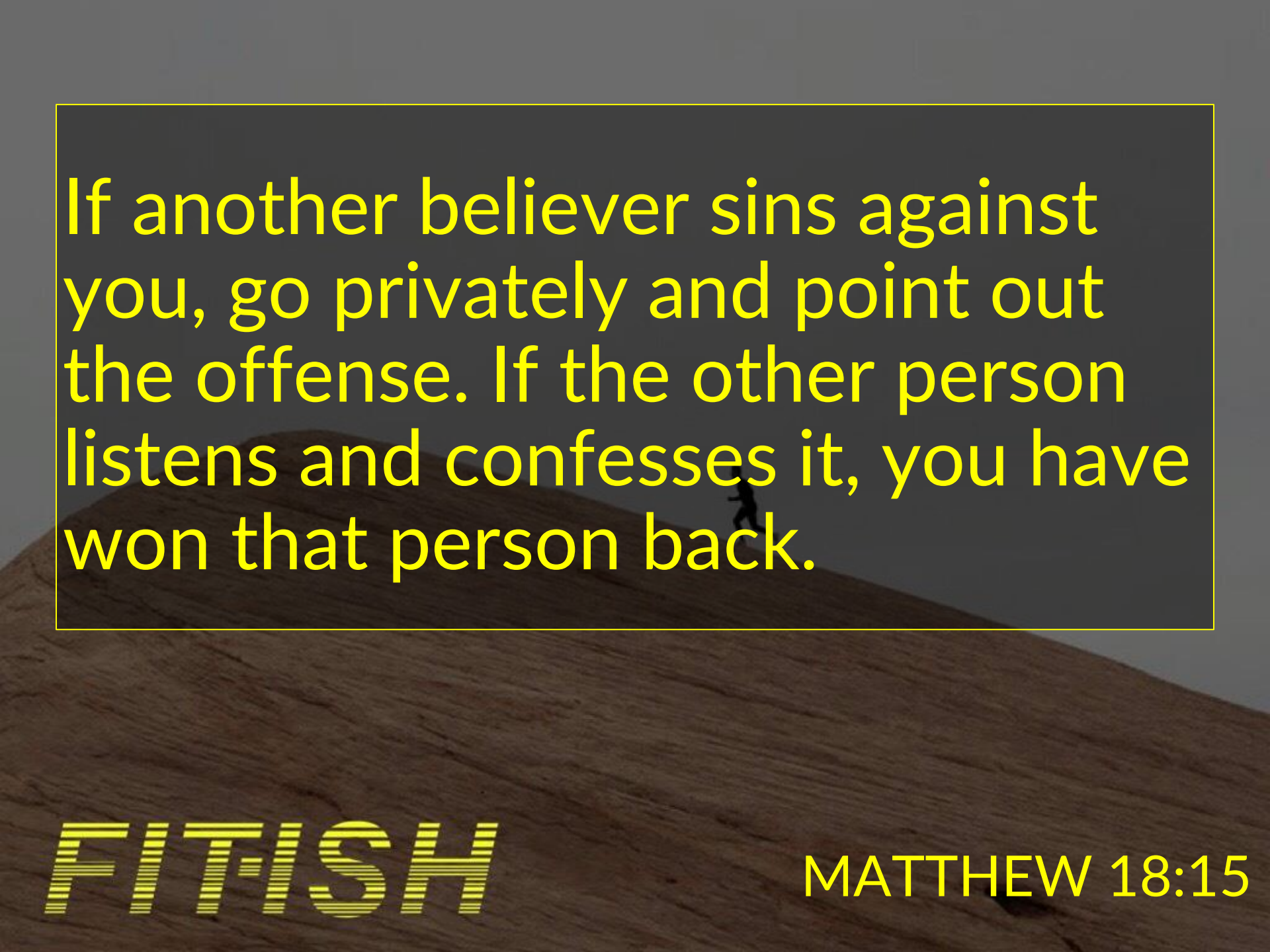


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HOW TO HANDLE HURT



A large, dark brown wooden log is the central focus of the image. A small silhouette of a person is running along the top edge of the log, moving from left to right. The background is a dark, gradient sky. The text is overlaid on the upper portion of the log.

If another believer sins against you, go privately and point out the offense. If the other person listens and confesses it, you have won that person back.

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MATTHEW 18:15

HOW TO HANDLE HURT

ADMIT THE PAIN



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But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If the person still refuses to listen, take your case to the church. Then if he or she won't accept the church's decision, treat that person as a pagan or a corrupt tax collector.

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MATTHEW 18:16-17

HOW TO HANDLE HURT

ADMIT THE PAIN

SEEK SUPPORT

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A silhouette of a person running on a large, textured rock formation against a dark sky. The rock formation is a large, rounded, textured rock formation, possibly a sand dune or a large rock outcrop, with a person running on its peak. The person is a small silhouette against the larger rock formation. The sky is a dark, uniform color.

HOW TO HANDLE HURT

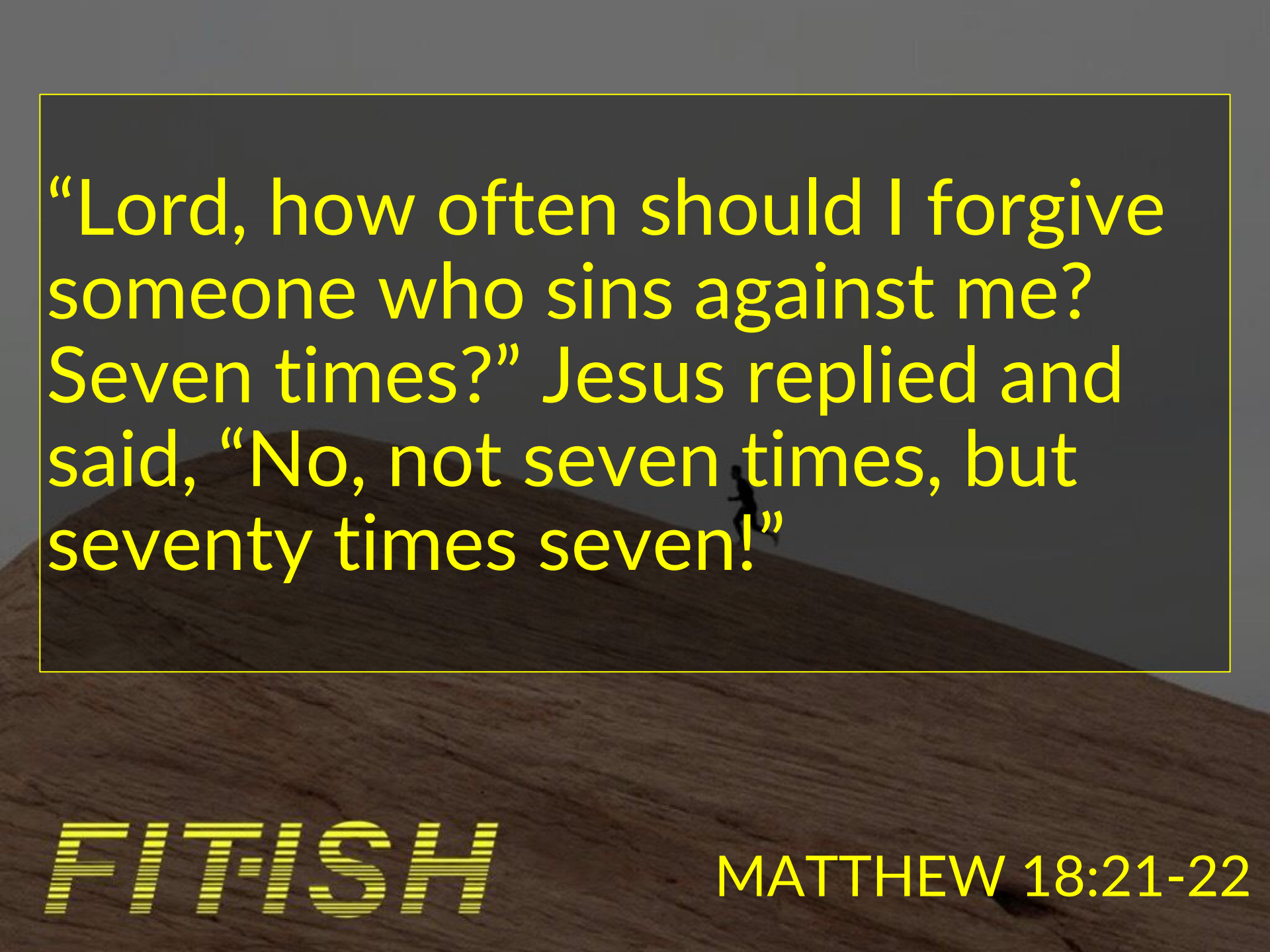
ADMIT THE PAIN

SEEK SUPPORT

CUT TIES

FITISH

A silhouette of a person running on a large, textured mound, symbolizing overcoming challenges. The mound has a distinct horizontal wood-grain texture. The person is positioned on the upper right slope of the mound, moving towards the right. The background is a solid, dark grey color.

A person is running on a wooden ramp that curves upwards. The background is a dark, overcast sky. The text is overlaid on the upper part of the image.

“Lord, how often should I forgive someone who sins against me? Seven times?” Jesus replied and said, “No, not seven times, but seventy times seven!”

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MATTHEW 18:21-22

HOW TO HANDLE HURT

ADMIT THE PAIN

SEEK SUPPORT

CUT TIES

FULLY FORGIVE

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Therefore, the Kingdom of Heaven can be compared to a king who decided to bring his accounts up to date with servants who had borrowed money from him. In the process, one of his debtors was brought in who owed him millions of dollars. He couldn't pay, so his master ordered that he be sold—along with his wife, his children, and everything he owned—to pay the debt. But the man fell down before his master and begged him, "Please, be patient with me, and I will pay it all." Then his master was filled with pity for him, and he released him and forgave his debt.

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MATTHEW 18:23ff

OUR SINS HAVE CREATED AN
INSURMOUNTABLE DEBT OF
HURTS THAT WE COULD
NEVER REPAY, BUT GOD,
THROUGH JESUS, HAS PAID
FOR AND FORGIVEN THEM ALL

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But when the man left the king, he went to a fellow servant who owed him a few thousand dollars. He grabbed him by the throat and demanded instant payment. His fellow servant fell down before him and begged for a little more time. "Be patient with me, and I will pay it," he pleaded. But his creditor wouldn't wait. He had the man arrested and put in prison until the debt could be paid in full.

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MATTHEW 18:28ff

THOSE WHO HAVE BEEN
FORGIVEN MUCH NEED
TO FORGIVE MUCH.

FORGIVEN PEOPLE
FORGIVE PEOPLE.

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When some of the other servants saw this, they were very upset. They went to the king and told him everything that had happened. Then the king called in the man he had forgiven and said, "You evil servant! I forgave you that tremendous debt because you pleaded with me. Shouldn't you have mercy on your fellow servant, just as I had mercy on you?" Then the angry king sent the man to prison to be tortured until he had paid his entire debt. That's what my heavenly Father will do to you if you refuse to forgive your brothers and sisters from your heart.

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MATTHEW 18:31ff

YOU CAN'T FULLY LIVE
UNTIL YOU FORGIVE



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FIT BITS: FORGIVENESS

WHOSE HURTS DO
YOU NEED TO
FORGIVE TODAY?

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FIT-ISH

HANDLING HURT

