

# When I Have Been Hurt

**The LORD is near the brokenhearted; he saves those crushed in spirit. *Psalm 34:18***

When our teens are hurting, it's natural to want to offer guidance. The simplicity of Psalm 34:18 can be a powerful starting point: "The LORD is near the brokenhearted; he saves those crushed in spirit." As you approach this conversation, acknowledge your teens' pain and gently share this verse with them. Remind them that God is near even in their darkest moments to provide comfort and healing. Encourage open dialogue, letting them express their feelings, and assure them that, just as God is present in their pain, you are there to support and guide them through the process of healing.

## ➤ **conversation starter**

The Bible often speaks about forgiveness. How do you feel about the idea of forgiveness in this situation? Is it something you've thought about?

What are some small steps we can take together to move toward healing? It could be expressing your feelings, seeking guidance from a mentor, or spending time in prayer.

## ➤ **navigating the conversation:**

- **Listen Well:** Practice active listening by giving your full attention. Avoid interrupting and allow your teens to express their thoughts and emotions. Try to avoid "fixing the problem."
- **Use Empathetic Language:** Use language that shows empathy and understanding. Phrases like, "I hear you," or "I'm here for you," convey emotional support.
- **Explore Relevant Scripture Together:** Invite teens to explore relevant Bible verses with you. For example, consider passages that focus on God's comfort, such as Psalm 34:18 or Isaiah 41:10. Discuss how these verses might offer solace during difficult times.
- **Encourage a Heart of Forgiveness:** Discuss the concept of forgiveness. Emphasize that forgiveness is not about condoning hurtful actions but freeing oneself from the burden of resentment. Share passages like Matthew 6:14-15 or Colossians 3:12-13 to highlight the importance of forgiveness.
- **Ask Open-Ended Questions:** Encourage your teens to share more by asking open-ended questions. This can help them express their thoughts in greater detail.
- **Encourage Action Steps:** Guide teens in identifying practical steps they can take towards healing. This may include reaching out to a trusted friend, seeking advice from a mentor, or engaging in activities that bring comfort.

