



Say to wisdom, “you are my sister” And make understanding your closest friend. For they will keep you from the immoral woman. Proverbs 7:4-5a

**Women’s Discipleship Group – 2006**  
**HELPMATES, HANDMAIDENS & HARLOTS ONLINE BIBLE STUDY**  
**EMOTIONAL LIFE SERIES**

**LESSON # 3 – From Hurt to Healing**

**Website:** [www.wdgonline.org](http://www.wdgonline.org)

**Presented by:** Terri McFaddin Solomon

**Definitions: Helpmate – Handmaiden – Harlot**

**Helpmate:** A married woman who is committed to the well-being of her husband.

**Handmaiden:** A married or unmarried woman who is committed to serving the Lord.

**Harlot:** A married or unmarried woman who will sacrifice her soul and body for personal gain.

**OPENING STATEMENT:**

If you’ve ever dropped a heavy object on your foot, you probably know what to do to ease the pain: Apply an ice pack, take some pain medication and don’t use your foot until it stops hurting. If the pain persists, get an x-ray so the doctor can look inside and determine if something is broken. Wouldn’t it be great if people knew what steps to take to heal a broken heart? But there’s no prescription to take away the pain of rejection, betrayal, loss or disappointment. Self-treatment can sometimes result in negative behavior or possibly emotional collapse. But our God is compassionate and caring and has a unique treatment plan for healing our deepest hurts.

- 1. The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:18)*
- 2. He heals the brokenhearted and binds up their wounds. (Psalm 147:3)*
- 3. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kind of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. (1 Peter 1:6)*

**Hurt can come from many sources, but healing can only come from one source, God. The Bible is filled with stories of both hurt and healing:**

**Betrayal**

**Hurt:** *Now His betrayer had given them a sign, saying, “Whomever I kiss, He is the One; seize Him. Immediately he went up to Jesus and said, “Greetings, Rabbi!” and kissed him (Matthew 26:48).*

**Healing:** *Jesus said, “Father, forgive them, for they do not know what they are doing.” (Luke 23:34)*

*But I will not take my love from him, nor will I ever betray my faithfulness (Psalm 89:33).  
It is a joy for the just to do justice, but destruction will come to the workers of iniquity.  
(Proverbs 21:15)*

**Rejection:**

**Hurt:** *When the LORD saw that Leah was unloved, He blessed her and opened her womb, but her sister Rachel was barren. (Genesis 29:31)*

*Now Joseph had a dream, and he told it to his brothers; and they hated him even more. (Genesis 37:5)*

**Healing:** *Praise be to God, who has not rejected my prayer nor withheld his love from me! (Psalm 66:20)*

**Jealousy:**

**Hurt:** *“What is this?” Saul said. “They credit David with ten thousands and me with only thousands. Next they’ll be making him their king!” So from that time on Saul kept a jealous eye on David (1 Samuel 18:8-9).*

*Then David...said to Jonathan, “What have I done? What is my sin before your father, that he seeks my life?(1 Samuel 20:1)*

**Healing:** *He is the God who pays back those who harm me; he subdues the nations under me and rescues me from my enemies. You hold me safe beyond the reach of my enemies; you save me from violent opponents. (Psalm 18:47-48)*

**Loss:**

**Hurt:** *I went out full, and the LORD has brought me home again empty. Why do you call me Naomi, since the LORD has testified against me and the Almighty has afflicted me?” (Ruth 1:21)*

**Healing:** *Then the women said to Naomi, “Blessed be the LORD, who has not left you without a close relative...and may he be to you a restorer of life and a nourisher of your old age.(Ruth 4:14)*

*“So I will restore to you the years that the swarming locust has eaten...You shall eat in plenty and be satisfied, and praise the name of the LORD your God, who has dealt wondrously with you; and my people shall never be put to shame. (Joel 2:25-26)*

**Lies and False Accusers:**

**Hurt:** *So they answered and said before the king, “That Daniel, who is one of the captives from Judah, does not show regard for you, O king, or for the decree that you have signed, but he prays three times a day.” So the king gave the command, and they brought Daniel and cast him into the den of lions. (Daniel 6:13&16)*

**Healing:** *Then King Darius wrote: For He is the living God and steadfast forever... He delivers and rescues, and He works signs and wonders in heaven and earth, who has delivered Daniel from the power of the (liars) oops... lions. (Daniel 6:26-27)*

*No weapon formed against you will prosper, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD. (Isaiah 54:17)*

**Abuse:**

**Hurt:** *Then the Levite took his woman and pushed her out the door. The men of the city abused her all night, taking turns raping her until morning. Finally, at dawn, they let her go. (Judges 19:25)*

**Healing:** *Never try to avenge yourselves. Leave that to God. For it is written, “I will take vengeance; **I will repay those who deserve it,**” says the LORD. (Romans 12:18)*

### **Wrong Choices:**

**Hurt:** *Paul stood up before them and said: “Men, you should have taken my advice and not sailed from Crete; then you would have spared yourselves this damage and loss.” (Acts 27:21)*

**Healing:** *And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. (1 Peter 5:10)*

## **PRACTICAL STEP TO MOVE FROM HURT TO HEALING:**

**GUARD YOUR THOUGHT LIFE:** *Satan will try to confuse you and fill your mind with negative thoughts. But you must focus on the positive:*

- Things are going to get better because God is in control.
- I expect a miracle in my situation.
- I refuse to dwell on the past. I’m too busy planning for my future.
- I’m going to count my blessings instead of counting my troubles.

**GUARD YOUR HEART:** *Don’t expose yourself to people and circumstances that might prove painful.*

- Connect to people who will pray for you, make you laugh and help you heal.
- Don’t expose your situation to people who may misuse the information.
- Spend more time in study and prayer and less time in non-productive pursuits.
- Be willing and ready to make a radical change in your life in order to find healing.

**STAND ON THE WORD OF GOD:** *When you speak the scriptures, the Holy Spirit activates God’s Word and the Word begins to work on your behalf:*

- The Lord will heal my broken heart and bind my wounds. – Healing will come.
- I can do all things through Christ who strengthen me! – Strength will come.
- God has not given me a spirit of fear, but of love and a sound mind! – Courage and mental stability will come.
- No weapon formed against me will prosper! – Power will come.
- What was taken from me will be restored sevenfold. – Prosperity and justice will come.

## **OBSERVATIONS AND PERSONALIZATION:**

### **Helpmates:**

- 1. In Genesis 29:31**, Leah was unloved by her husband and despised by her sister. Leah prayed to the Lord and asked Him to take away her pain and God quickly responded. Perhaps you have experienced the same kind of pain. Take a moment to write down a prayer. Tell the Lord about your situation and ask him to bring healing to your heart.

### **Handmaidens:**

- 2. In Ruth 1:21-22**, Naomi and Ruth had to face the loss of their husbands and their finances. They were disappointed and Naomi was angry and bitter because she had done nothing wrong, yet she was suffering. But in time, God restored all and more than Naomi and Ruth lost. If you have been hurt by losses and disappointments by faith write down the things that you want the Lord to restore in your life. If you have already experienced God's restoration, share your story.

### **Harlots:**

- 3. In Acts 27:21**, Paul talks about the consequences of making bad decisions. Failure to listen to God's warnings can result in painful consequences. If you have been hurt because of wrong choices, what did you learn from the experience and how would you do things differently?

## **YOUR STORY - COMMENTS AND LETTERS**

If the Lord has healed your hurts, please encourage others by sharing your story.  
If you are hurting and in need of prayer, please write your prayer request.