

# LIFE HURTS

*Jimmy Evans*

## The Five Emotional Facts of Life

**1. Life Hurts.**

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**2. Unless we deal with pain properly when it occurs, it accumulates within our hearts.**

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**3. Accumulated pain and unresolved problems compromise our mental, emotional, spiritual and relational health.**

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**4. We all deal with pain in some way—right or wrong.**

*Ecclesiastes 2:9–11*

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**5. The only way to stop the hurt and totally resolve it is to turn it toward God.**

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# The Essential Requirements for Emotional Healing

**1. Honesty Before God**

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**2. Responsibility to God**

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**3. Mercy from God for Me and to Those Who Have Hurt Me**

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*What is the Holy Spirit saying to me through this message?*

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*All scripture is from the New King James Version.*

Jimmy Evans is the Founder and CEO of MarriageToday, a ministry based in Dallas, Texas, that is devoted to helping couples build strong and fulfilling marriages and families. Jimmy and his wife, Karen, are passionate about marriage. Together, they co-host *MarriageToday with Jimmy and Karen*, a nationally syndicated television program which is broadcast weekly into over 90 million homes in America and more than 200 countries worldwide. Jimmy has served as the Senior Leader of Trinity Fellowship Church in Amarillo, Texas, for the past 30 years. During his 30 years of leadership, Trinity has grown from 900 to over 10,000 members. He also serves as an Apostolic Elder of Gateway Church in Southlake, Texas, an overseer of New Life Church in Colorado Springs, Colorado, and presides over Trinity Fellowship Association of Churches, which oversees churches in five states. Jimmy has authored more than ten books, among which are his popular works, *Marriage on the Rock*, *Freedom From Your Past*, *Seven Secrets of Successful Families* and *Ten Steps Toward Christ*. Jimmy and Karen have been married 38 years and have two married children and four grandchildren.