



LIFE'S BRUISES AND SCARS --

Did life cut you deep ?

Life is an unpredictable journey, full of ups and downs. New challenges often arise, leaving us bruised and battered.

From tender childhood until old age, some wounds run deep : a little child being emotionally or physically abused, a teenager being bullied, a woman beaten and harassed by a violent husband, a cruel deception by a trusted loved one who betrayed you, loneliness in old age, broken relationships, financial struggles, health issues, life has its caboodle of misery and pain.

No one can go through life without experiencing problems or life situations that do not bruise or scar them. Even though God is not the One sending these

struggles to us, He wants to use life's bruises to strengthen us and shape us into better and stronger persons. Here are a few ways that we can use life's bruises to become stronger:

Develop Resilience : Resilience is the ability to bounce back from difficult situations. By persevering through challenges, we become more resilient and better equipped to handle future difficulties. Challenges forge our character.

Develop Compassion : Through tough times, we can relate to the struggles of others and be more empathetic to their needs.

Build Faith : When we face difficult situations, we can turn to God for comfort and guidance, and develop a deeper relationship with Him.

Appreciate Life : We are also reminded of the things that truly matter, and we can develop a greater appreciation for the blessings in our lives.

Every one of us have some sort of life scars and many keep them to themselves without even sharing them with their closest friends. But you don't have to let them hold you back or prevent you from having a full life. It is God's plan that you find healing from life's scars and He can even use them to make you a scar healer for others.

2 Corinthians 1 :3-4 tells us : *Blessed be God... who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.*

He walks alongside us as we go through hard times, and if necessary picks us up and carries us when we don't think we can go on.

Psalm 23 :4 tells us : *Even though I walk through the valley of the shadow of death, (valley of deep darkness and gloom) I fear no evil, for You are with me ; Your rod and Your staff, they comfort me.*

Notice that it is written « as I walk through the valley ». You do not have to stay in that darkness.

GOD SEES YOU ! He sees your wounds, He feels your pain, and He also sees anyone who inflicted pain upon you, by their unloving attitude and actions.

In Matthew 18 :7, we read : « *Woe unto that man by whom the offense comes !* » When we have been badly hurt and unfairly treated by someone, we can be assured that God has seen it also. As He is a perfect Judge, we can trust Him to take care of that person in his perfect time and way. So we can forgive and go on with our lives, without being held back by bitterness.

In conclusion, life's bruises and scars can be incredibly difficult to navigate, but they also provide us with an opportunity to grow and become stronger and more mature human beings, even driving forces.

In all of these, we can trust that God is walking with us each step of the way, even during the darkest moments of struggle, even at our lowest points. He wants you to have a victorious life, He wants to set you free and to heal your bruised heart.

Let's remember the truth of Romans 8.28 : « *We know (with great confidence) that God (who is deeply concerned about us) causes all things to work together for the good of those who love Him. »*