Dealing with Hurt
By Bob Stone

Announcer:
On another focus day I don't know the number but a number of off campus High School and transfer guests here for this focused day sponsored by the admissions department and the rest of the school. We welcome you and we hope that we'll get to know you that you'll like what you see and we feel that this is a great school and we would love to have you come and join us in that we have men's basketball team that's in a playoff tonight across town at Concordia. We have a ladies basketball team where you don't have to drive quite so far. Tomorrow night right here in Chase gymnasium against the Masters we would invite you to underscore those and if you like come to either or both of those I talked with the gentleman on the campus at Taylor University up land Indiana and I said we have Bob Stone building relationships from Birmingham Alabama coming here from your campus. Tell me what happened on your campus. One man said what many others reflected because he was there for a week. He said this man under the power of the Spirit of God rocked our campus for Jesus.

We only get him one day but we hope that we'll get him back to rock our campus on a little lengthier time all the way from Brent. He talks like a Yankee but he's been in Birmingham for a long time a brother who does this in ministry in counselling speaking to hurt and the power of God in lives. For the last 35 years or so Bob Stone from Birmingham Alabama let's warmly welcome him to Biola University.

[Applause]

Bob Stone:
I was born in Michigan. So don't make fun of me all right. Now how would you like to have a marriage and family counselor live next door to you? We moved to Birmingham 18 years ago and we found out two years later that our next door neighbors said the husband said to the wife what did we do to deserve this. So I want you to know I'm a regular human being. OK.
Just to prove that to you try to prove it to you. Give you one little illustration. Got some problems on our roof our house so our son in law is in from Georgia and we go up there to fix the roof. It's windy. I got my cap on you know the wind's blowing. I got this crowbar in my hand and I see the winds starting to blow my hat off and I went. Belted myself with that crowbar and tell you OK. I got more of those too. All right. Since time is very important here let me get right on it. These two people let's say represent you and someone else. All right. It could be a parent. It could be employer it could be a past dating partner. It could be a present dating partner or anyone. It could be. So I start with a woman because usually she's more open. And so these exes represent people in her life who have hurt her. Look what I believe happens when we're hurt we begin developing an invisible crust or shell around ourselves. You know you may be acting certain ways and doing certain things because of that and not even know it. Now because of pride a man usually doesn't like to hear this. So I'm putting some over there because this doesn't sound manly but he's been hurt too. And so he's got one of these forming around him too right. If he just admit it. Now I've got it figured out. See what you think of this that there are basically three ways that we can respond. Let's see if we can find you. All right. The first I call the bottle upper. That's the person naturally who keeps it all inside. That's the person who lives in what I call silent pain. They may not tell a soul what’s going on inside of them but if they do I've got it figured out to be one of these two individuals. If they tell it'll be someone who's a super deluxe friend but you know what. That has to be what I call an intimate friend. You ever heard of Proverbs 17:17. I think it's the most powerful verse in all of the Bible on the subject of friends of friend loveth at all times. But a brother is born for adversity. Don't you dare think I'm smart I'm not smart I'm like you see.

I don't know Hebrew. Maybe some of you do it in the Hebrew friend in that verse means to feed to nourish the farmers like this one to pasture. In other words is something very powerful going on between these two human beings. But you know what I have found a lot of men do not have an intimate friend they've got close friends see women get together and they and they do what I call unzip their hearts with each other. They tell all those little secrets and they share their feelings and us guys you know they wanna to shoot some hoops. No. You want to watch the road to the Final Four. You want to go down to the Caf and not use silverware. No. Hey man. So rough and tough and hard to diapers the kind of guy. And so. If if you don't have an intimate friend sir then you probably aren't. Tell him what's going on inside of you and what's the other individual. I think it'd be a total stranger someone that we've never met before. Maybe. On a plane going someplace they're from another state or other end of the country or it's gonna be a
total stranger. Like a counselor I have more people tell me I've never told another human being this and I get ready. OK.

Now the human powder keg is next. So the bottle upper and then the human powder keg. In other words this person blows up when they're hurt. You don't have to wonder if you've hurt this person. Boom. I mean they're it's like they were born on a cactus. You know they're just real irritable and everything. And so fuse looking for him for light or something like that. You know I remember one guy who blew up verbally no physically when he found out his wife was having an affair. This was a physician. The guy didn't know that he was home. So he came over to visit his wife knocked at the door. And when that guy Dr. went to the door and saw her it was because he knew who he was. The guy went to his knees and the guys the doctor's front porch. And that doctor walled off and hit him in the top of the head. Broke his hand. He didn't do surgery for a while. And guy. OK. So a person can blow up physically a person can go up blow up verbally. I remembers someone telling me they went over to pick up their daughter because she was married and had car trouble. So I pulled in the driveway about 10 minutes early and with the windows up. In his car and the doors and the windows closed in the house he could hear his daughter and son in law yelling at each other boy some people are heavy with words aren't they. They can just be so cutting they don't even have to raise their voice. They could say something real negative to you with a little smile on their face. OK.

So then we've got what I call the pretender. This is the person that won't even admit to himself that he's been hurt he can handle it no problem too big no problem too small. No that didn't bother me. Oh I've had 30 women wake my break up with me. That's okay. All right. Wonder which one you are. Some people say well I'm a combination. Hey hey I go with that. I think majorly one will describe you though you know every once in a while.

Like one time out of eight or eight or nine thousand I meet someone that says I'm not even up there when I get hurt I go talk to someone about it and get it out and I don't yell or lose control or anything I just get right down to it. I don't meet very many of those people. All right now let's go back to the diagram and see what we've got here. Now these two people let's say meet each other and oh good night. Oh I just forgot. I'm not on the dating series. I co-authored the book the dating dilemma. In case you've ever seen that in the bookstores. All right. So these two people date each other and then he asks her the big question. She thought he never asked and they get married and probably didn't know how to deal with hurt the right way and brought the hurt into the marriage. Now. What happens I believe and this doesn't have to be a marriage situation
remember these two people start hurting each other? That's what this is. This wall is going up block by block by block and maybe she rips one off at him and he rips one off at her. And why do you spend that money and and and you old refrigerator you. And. You can get your little blanket and your pillow and you can sleep in the other room. Bubba and then he's gone our man and so why don't you ever talk to me you never spending time with me and he's. Put your jaws in park woman. Where you're no sack of sack apples yourself either boy. And so this goes on. You get the point right. And there can come a time when all the vacancies are filled in. See now have you ever heard this or thought about it. It hurts to hurt. And so we've got to protect ourselves right.

So we build layer after layer after layer. Now you're not getting to me inside the original circle. Hurt outside solid circles bitterness. I know a guy in Wisconsin that walked up to me and said After my wife divorced me I was so bitter I went home and strangled my dog to death. I know a woman whose husband died. Her husband died and her two married children didn't believe what was in the will and made their own mother take a lie detector test. I got more stories and you get listen to because I got 33 years of experience in this field. Hey the whole world's full of hurt. And this is why I'm on my crusade gang. I'm on a crusade to get to everybody I can because I didn't know how to deal with my own hurt from childhood until eleven years ago last May sitting in the counseling office over 21000 counseling appointments traveling all over this country over 200 speaking engagements a year. Twenty seven years out of my thirty three didn't know until 11 years ago how to deal with my own hurt say well Stone what have you gone through. Well my parents got divorced when I was 10. And I've got to leave out some stuff because this is being recorded. My mother was a drunk 15 years don't invite your friends home anymore. She's going to embarrass you so I met him at the corner ruined holidays. Couldn't count on my mother and my sister didn't talk to each other for two years. My sister was married at the time had had a baby during that time and my mother had never laid eyes on that granddaughter so some of you have been there haven't you. You know what I'm talking about. Or you've got an idea. Maybe not exactly like that but hey.

And the wall goes up block by block by block. Oh boy. If you don't know how to deal with hurt. Watch this. It turns into bitterness war and resentment and anger. And then it starts just eating you alive. Time to tell you my dog story. You ever heard of this. Dog runs out in the road and gets hit by a car. The owner runs out to help the dog bends down reaches out dog bites the owner in case you don't know about that. You've probably stayed in your house a lot. That's that's true that's very common. All right so if the owner is not careful you know what he'll do. He'll get mad
at the dog. Well thanks a lot dog. I have scratched you behind the ears I've put flea collars on you. I've fed you and let you in I've let you out and you get hit by this car and I come out here to help you and you bite me. You gotta be kidding dogs not thinking about the love and the care while he's in his pain. He's thinking about his pain just like us especially if we've been hurt by someone we love. And that someone is supposed to be loving us. Whew boy that runs deep. I've been meeting with. A man who sexually abused his sister for six years while they were growing up. Now you can guess what's happening next. He gets married has four children three daughters a son the oldest daughter is 14. He has been sexually messin with her since she was 3 months old age 14. She finally tells mom. Hey there's a lot of hurt out there and you know you can pretend and you can blow up and just think well I need to be blunt and tell everybody my feelings or you're going around such an angry person inside and you got that spiritual war going on because you hear what's happening in chapel and you're beginning to find out what's in the Word of God and you're hearing from your godly professors that there's a life of victory and you haven't got it. Is that true.

All right. How about some answers. Well I'll give you one and then maybe some other semester. Hi Father. Hey that's a warm term to me I don't know about you. I know that's talking about Earth our. Our Heavenly Father. But you heard this before haven't you. You've been taught. Well a child's concept of God is majorly developed through the life of their father. So if Dad listen to me maybe God will if Dad loves me maybe God does if dad accepts me Maybe God does if Dad would forgive me. Maybe God will OK so my father's 87 I have a powerful relationship with him even though he only moved four blocks away and remember age 10 when the divorce took place. I'm 81 now. There's humor. OK. And so yes that's a warm term to me. It may not be to you Father here my broken heart. Now the greatest verse the one that means more to me than any other verse probably in the whole Bible is right there I would think it should be a requirement in this school before you can graduate get your diploma. You have to know that verse by heart. And then the definitions that I'm going to give you in a few minutes I look at the first word in the verse. It's not t i m e is it. And that's the lie I believe. For over 30 years of my life I thought time heals the broken heart everybody knows that right Achy Breaky Heart. I think that trash came out of Nashville that concept did. No time doesn't heal the brokenhearted only forms a scab over it and look at the infection that comes out later anger and resentment and bitterness.

I ask one guy is there one person in your life who's hurt you the most said yeah my dad. When. When did the major conflict between you and your father take place? You said Eleven years ago. Where does your dad live? Eleven miles down the road would I be allowed to know when was
the last time you talked to your father said Eleven years ago so he heals the broken heart and
binds up their wounds. Not time. Boy I hope you get that if you don't get anything outside of
Chapel today. All right it's time to tell you about my fingers. You won't be proud of me man
when I tell you this. OK. Get ready not to be proud of me splitting firewood in the driveway. Hey
stand up that log. Take the wedge tapped that wedge in the top of that log. Step back is a nine
pound sledge hammer in right. Sorry for waking some of you up here. I'm sorry. And so. If if
you've ever done this before you know what can happen there if you don't hit that wedge square
that hole log will start teetering back and forth and then sometimes because of the extra weight at
the top it's top heavy and it'll fall over stone face got tired of picking up the dumb log. So I put
my two fingers up there next to that wedge to steady it reached down and choke up on our hand
because you see it coming right Jack. Grab that sledgehammer about halfway up that handle and
come down with all great strings. And boy I bent those knees and get ready to hit the corner of
that wedge. The mighty force of that nine pounds sledge hammer came down and hit my two
fingers. And the blood was just going all over the driveway. I found out later I broke in this
middle one in half. I still have a scar up there. After 17 years my nail came off. Of this one. I
crushed all the bone from that joint to here and this whole end of the finger was just splitting.
Hang in there. Say you got it. Now think about this during lunch. OK. I'll. Help you lose some
weight. All right. So do you ever try to be manly ever try to be manly in a time like that. Here's
one thing I didn't do I didn't say. Be a man. Right. Man that hurt. And so man. I got into the
house and my wife said we need to wash that wound out darling she's a registered nurse so. I'm
keeping the blood from going all over the house there. So she gets the water just right. And I
stuck. Have you ever done that? I mean. The whole room just started moving back and forth. Oh
good night I'm gonna faint for the first time in my life.

All right I've gone to the hospital and here's some things I didn't that didn't happen. OK. The
doctor who lives in the next street from us. He didn't come over and force any help on me sit
down Stone. I'm gonna put you back together whether you like it or not. No. And neither will
God if you've got a broken heart no force because I'm a Christian I've made a personal invitation
of Jesus Christ into my life did my fingers go back to normal out there in the driveway. No. All
right. Good answer. Good answer. And either will the broken heart of a Christian just because
they're in his family uh see if I had been that dumb thinking that time would heal that thing a few
days later the old red line would be going up my arm right. Stone you're in trouble. You got
blood poisoning. The red line is indicating that is the red line. My problem. No it's a symptom.
And I thought my mother’s problem was drinking bitterness toward her dad. She unwired her brother from a pipe in the basement where the father could beat him. The father got so mad at her he chased her up those stairs. She ran to the only room that had a lock on it in the house. The bathroom got in there and was trying to get the lock lock but she was so nervous she couldn’t get it done. He came flying through that door grabbed her by the hair. I’m telling you a True story. Lifted up the lid on the commode and ran my mother’s face down in it. He was a drunk. He left the family. And my grandmother had to raise those four children by herself. My mother hated her father and didn’t get that squared away till he was 85 years old. She was 66 Oh yeah. Time doesn’t heal it. Only God does so let me give you some definitions and we’re through. This is gonna make Chapel worth coming to today. You’re gonna love this. Get ready. Want to take you backwards to the verse bind in the Hebrew means to wrap firmly. I never knew that eleven years ago now that that is beautiful and it makes so much sense. You wouldn’t want a physical one put together loosely would you no it wouldn’t heal probably get infected all right. That made sense. What is the term broken in heart mean. Look it here. Shattered crushed broken to pieces. Bruise is that you quit trying to pretend. Quit trying to be tough is that you.

That was me to a T even though I was in this field of counseling trying to help thousands of people. Okay. I didn't know what to do with it but boy I found out with the next definition. Look at this. The greatest thing I've ever looked up in my whole life. This is the greatest thing I know except the Gospel heal in the Hebrew to mend. Now you see why I told you about my fingers by stitching. I have had people just fall apart when they've seen that I had a woman in Temperance Michigan. Say to me she had never told anyone this except her husband sexually involved with her father at age 6 and I said now. What do you mean by that? She said intercourse. I said dear lady that's impossible. At age 6 and the tears start rolling down her face and she said no it isn't I had to have surgery when he got through with me mother divorced him two years later she married the mother married and another man and didn't know it was just like the birth father this heavy in one night when the mother was away and that daughter would not allow that stepfather to do anything he marched her down the hall the night she had the flu she had vomited in the commode and hadn't flushed it and made her eat the vomit in that commode that she had also urinated in and this woman looked at me when I shared this and some other steps and she just cried hysterically and when she got her composure she looked back at me and said Do you know what I had been waiting for you for twenty six years everyone's hit me they didn't know what happened in my past but they knew something was wiping me out everyone was hitting me with you need to forgive anybody who was hurt or wrong you and what you're saying to me Bob Stone is I've got to start with the hurt not forgiveness right.
Because you're gonna be like the wounded dog. Thinking about your own pain instead of any responsibilities that you have. So here's what I did 11 years ago last May. Father I've had one person in my life who's hurt me the most is my mom and it's crushed me and I ask you to take those pieces of my broken and shattered heart and put them back where they belong. Now stitch me up and start this healing process inside of me. Do you see how specific I'm getting. I'm not talking about Oh Lord help me through my childhood. I'm not saying Oh God give me strength to overcome. I'm saying get a get real specific name the person or the people who have wounded you the most. Go to your heavenly father and he's been hurting all this time that you've been hurting have you ever thought of that it has grieved him. And he's been waiting for you in the spiritual emergency room and wants to start the healing process inside of you and he's a gentle surgeon.

Will it be a magic wand if you pray that prayer? No but I'll tell you one thing after I look back at my finger experience my fingers experience and got my stitches in I wasn't OK but that's when the bleeding stopped. I watched this punch and then God will complete the healing by using time. I hope that makes sense. Let's pray.

Father I thank you for the beautiful spirit I sense in this gymnasium this morning. It's been a thrill to share with these students and faculty about something that has made an impact on me. I pray it will make an impact on them too. No matter who they are how spiritual they think they are no matter how ripped and torn they may be. I pray that this chapel this morning and the content from your word and from my life will make a difference in their life. I know you'd like to grant that Father I pray you'll be allowed to dismiss this now in the name of Jesus. Thank you.

[Applause]