

PESTER
THE PASTOR

CHURCH HURT

When the place
that was supposed
to help you heal
became the place
that hurt you.

What they did may have
changed how you see
the church.

Don't let it determine
how you see Jesus.

PESTER THE PASTOR RESOURCE

NAME THE HURT

You can't heal what you won't name.

Church hurt can come from leaders, members, teaching, rejection, betrayal, or spiritual abuse. However it happened, your pain is real and it matters to God.

WHAT HAPPENED?

Take time to write down what occurred and how it affected you.



You are not "too sensitive."

You are not "not spiritual enough."

What happened to you was not okay.

SEPARATE GOD FROM WHAT PEOPLE DID

The greatest lie of church hurt is that
people's failure proves God is untrustworthy.

People are broken. The church is made of people.
But Jesus is not the author of your pain.
He is the healer of it.

“

“The Lord is close to the
brokenhearted and saves
those who are crushed
in spirit.”

— Psalm 34:18

”

Their failure does not disqualify
God's faithfulness.

UNDERSTAND WHAT CHURCH HURT DOES

Church hurt reaches deeper than disappointment.

It can lead to:

- ✗ Anger and bitterness
- ✗ Distrust of leaders and others
- ✗ Isolation and loneliness
- ✗ Shame and self-blame
- ✗ Spiritual confusion
- ✗ Loss of faith or faith in God



None of these reactions
make you a bad Christian.
They make you human.

GIVE YOURSELF PERMISSION TO GRIEVE

Grief is not weakness. It's honesty.
You had expectations. You had hopes.
You had a place that felt like home.
When that's taken from you, you grieve.

YOU HAVE PERMISSION TO:

- Feel what you feel
- Cry what needs to be cried
- Talk about what happened
- Take the time you need



**Grieve fully.
But don't live there.**

FORGIVENESS ISN'T PRETENDING

Forgiveness is a decision you make
for your freedom. It does not mean:

- ✗ What they did was okay
- ✗ You have to trust them again
- ✗ You have to have a relationship
- ✗ You have to forget

FORGIVENESS MEANS:

I release them from my right
to pay them back.

I hand them over to God.



BOUNDARIES AREN'T BITTERNESS

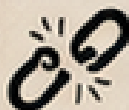
Forgiveness and boundaries can live together.
You can forgive someone and still protect
your heart.

Remember:



RECONCILIATION

requires two people.



RESTORATION

takes time.



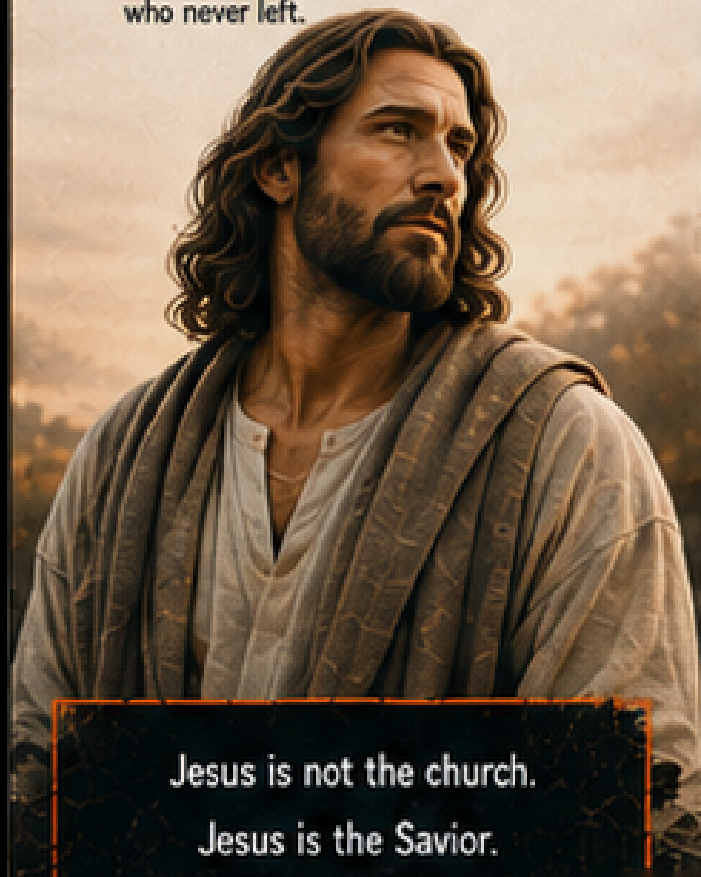
TRUST

is earned.

You get to decide what is healthy
for you moving forward.

DON'T LET THEM TAKE JESUS TOO

The enemy loves to use other people
to push you away from the only One
who never left.



Jesus is not the church.
Jesus is the Savior.
Hold on to Him.

FINDING YOUR WAY BACK

Your healing may or may not include returning to a church. There is no one right path.

Your goal is not to go back.

Your goal is to move forward—toward:

- » A healthy relationship with Jesus
- » Safe and godly relationships
- » A faith that is your own
- » A community that is Spirit-led,
not people-controlled



God is not done with you.
Your story is not over.
There is still good ahead

QUESTIONS FOR REFLECTION

Take time to reflect and write honestly.

1. What happened to me? _____

2. What emotions am I still carrying? _____

3. What do I need from God right now? _____

4. What is one step I can take
toward healing this week?

WHEN YOU NEED MORE HELP

You don't have to walk through this alone.

Pester Faith-Based Counsel is here to help you process, heal, and find your way forward.

WE CAN HELP YOU WITH:

- » Faith-based counsel and support
- » Spiritual direction and prayer
- » Guidance for forgiveness
- » Rebuilding trust and community
- » Referrals for specialized care

REACH OUT. WE'RE HERE.



PESTER THE PASTOR

faith-Based counsel



pesterthepastor@gmail.com



www.pesterthepastor.org



SCRIPTURE FOR THE ROAD

God's Word for your healing journey.



Psalm 34:18

God is close to the brokenhearted.



Isaiah 61:3

He gives beauty for ashes.



Romans 12:19

Vengeance is God's, not ours.



Ephesians 4:32

Be kind, compassionate, forgiving.



2 Corinthians 13:4

He comforts us so we can comfort others.



YOUR NEXT STEP



What is one faithful step you
will take this week?

Write it down. Commit it to God.
Then take it.

