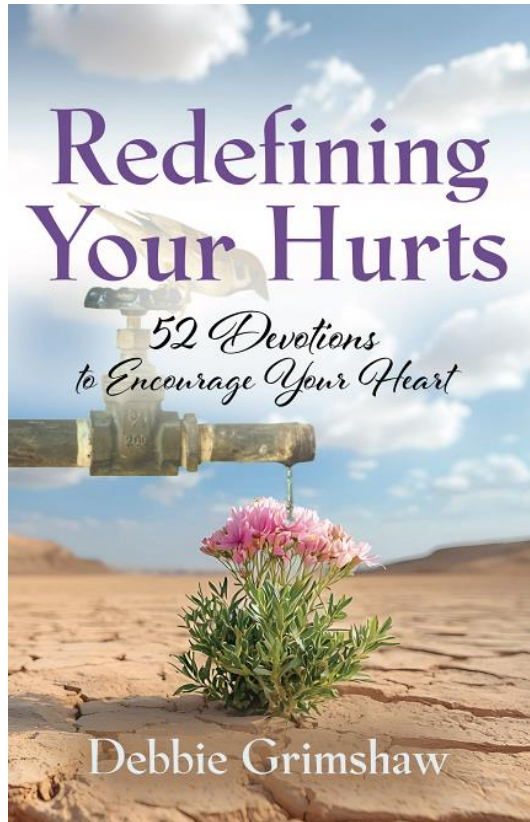


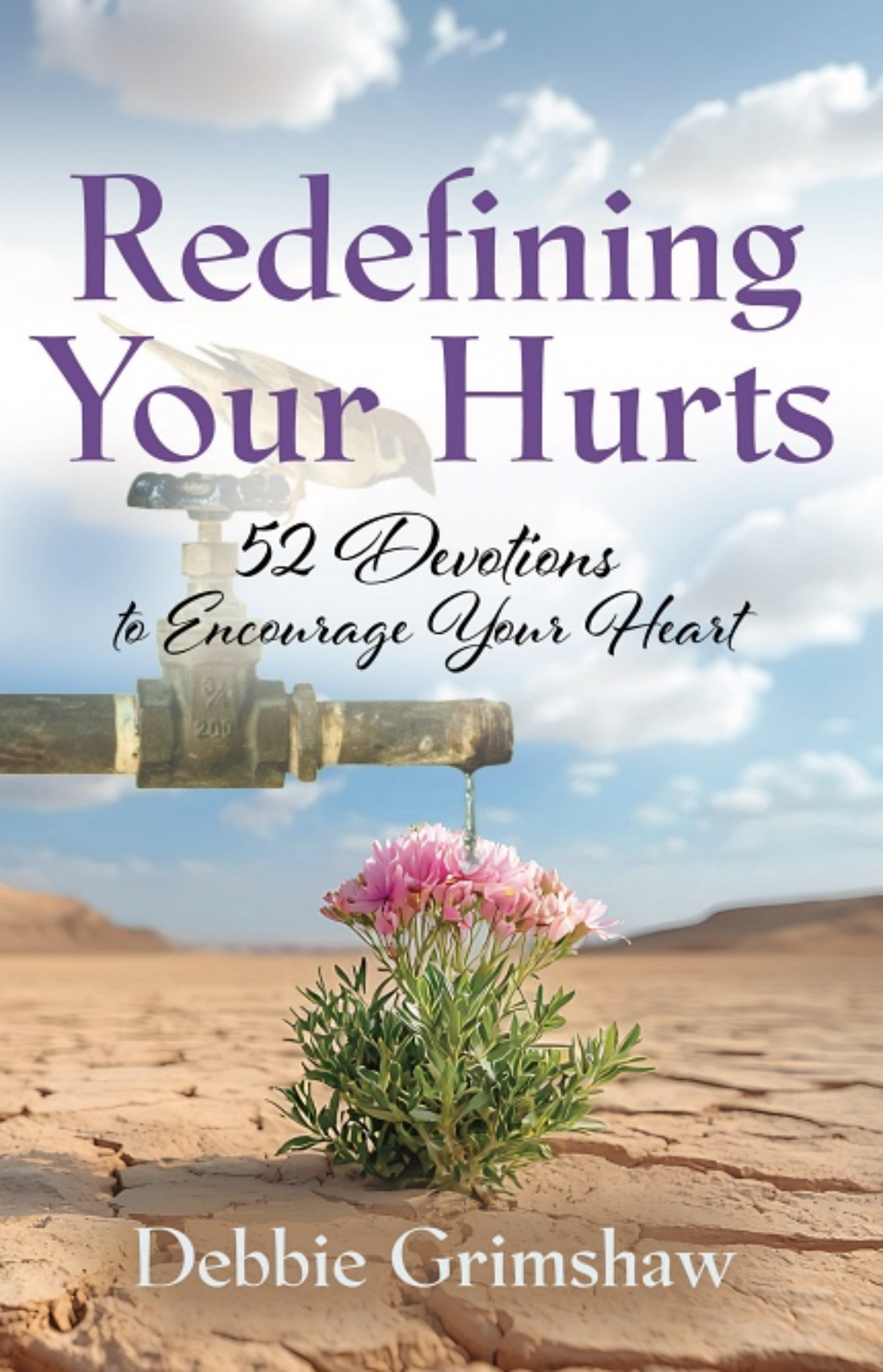


Redefining hurt is learning to release our internal offenses to God. Like Jesus, Joseph and Job, we can learn to forgive and heal. A reading plan with personal stories and scripture prompts is used to guide you in rethinking pain.

**Redefining Your Hurts:
52 Devotions To Encourage Your Heart**
By Debbie Grimshaw

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Redefining Your Hurts

A brass faucet is positioned horizontally, with a single drop of water falling from its spout onto a small, vibrant pink flower. The flower is growing out of a crack in the parched, cracked earth of a desert. The background shows a vast, arid landscape under a bright blue sky with scattered white clouds. The overall scene is a metaphor for finding life and hope in the midst of hardship.

*52 Devotions
to Encourage Your Heart*

Debbie Grimshaw

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Thank you for joining me in the journey of redefining our hurts. This book is designed with seven areas of focus.

1. To know God.
2. To understand His power and our weakness without Him.
3. To seek His wisdom and insight.
4. To have a correct focus.
5. To recognize and utilize the gifts He's given to us.
6. To use His power over the enemy.
7. To delve deeply into His presence through a personal relationship.

Many of the devotions will encompass several of these topics. The goal is to build up each area as you continue through the readings. You'll find many of my personal stories. Why? Because Jesus taught with stories. I hope you'll find parallels from my life experiences to your own, and gain new truths to apply in your own journey.

Recognizing that you are holding onto hurt is the first step to healing. The next step is working toward releasing the offense so you can grow strong again.

Using a spiritual lens to look at the conflicts and challenges we've endured can help us to depersonalize even the most grievous attacks. Jesus's example of forgiving those who nailed Him to the cross is the ultimate illustration. His death was personal, painful, and deadly, and yet Jesus saw what the Father saw—reconciliation with all mankind being made possible through this awful exchange of His life for ours.

I'm glad we don't face anything that extreme, but our hurts can be just as personal and woefully painful. Every area of our life holds pitfalls and pain. Those areas also contain light, life, and love. Our goal is to train ourselves to see it. God uses all situations to change our hearts and our direction. He desires to move us from growth to growth.

Whether you use this as a daily or a weekly devotional, you are encouraged to take each reading deeper. Consider how each devotion

resonates within yourself. Discover hidden truths and allow the Lord to bring to mind parallel Bible stories to read as well. I recommend using a journal to capture the things He brings to mind. God can open His Word to you personally, and desires for you to know Him as He intimately knows you.

We truly find connections with those who've walked a similar journey. If you are looking for a specific topic you may find it on the Uplift page on my website **@RedefiningDebbie.com**.

I'm praying for you as we embark on drawing closer to the Lord together.

Blessings my friend. ~*Debbie G*

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Holding the Father's Hand

Who likes trials? Not me! Why do we need to go through them? Trials test our faith and give us something of value to offer when we meet Christ in glory. Something shiny and barnacle-free. Trials remove our impurities which I call my film of grime.

Appreciation for all Christ did for me leads me to obedience. In Hebrews 11, the “faith greats” are listed. All were commended for hearing and obeying God. For the most part, what they did didn’t make sense. How could Moses simply hold out his hand above water part a sea? Yet his obedience superseded the natural realm and yielded a move of the Holy Spirit.

Faith is walking according to what God says. It is this obedience that allows Him to bring forth fruit.

Many of these faithful, seasoned men and women mentioned weren’t even around for the harvest. They began their movement in faith and received their reward for simply (not simple) walking in obedience.

So, if you’re facing hungry lions or raging waters or if an army is chasing you in your quest to be obedient to that still small voice, know that the God of yesterday is still the God of today. He already gave His everything for you. You are covered, and He’s holding your right hand. You can walk boldly into the light that He called you to walk in. And with a heart of joy, you too can be numbered with the faith greats.

Prayer: Oh God, Your pathway seems so steep. Help me to stay close and walk with You. Give me words and the grace to share Your love with the world around me even when I feel inadequate, for You are my strength. Amen.

Scripture: Obey my voice, and I will be your God, and you shall be my people. And walk all the way that I command you, that it may be well with you. (Jeremiah 7:23)

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. (James 1:2–3)

*All things are possible. So why does my mind limit our
limitless God? *DG*

A Closer Look

The woodlot is a place of glimmering light. This land across the ravine from my home has never had so much brightness, or if it did, it has escaped my easily attracted attention. As the rays shift throughout the day, so do my eyes. They're drawn to the light, to the glowing places between the slender trees.

My dad used to drive the back hills every Sunday with our family, pointing out deer, streams, and God's beauty in nature. I've been trained to seek out movement so this changing light through my patio doors has become a daily contemplation.

I love watching the lovelorn birds swooping through the thicket playing catch me if you can. And one day I had four, beautiful deer visit. The nearest one, at the edge of the light, alerted to my gaze the moment I came to the glass.

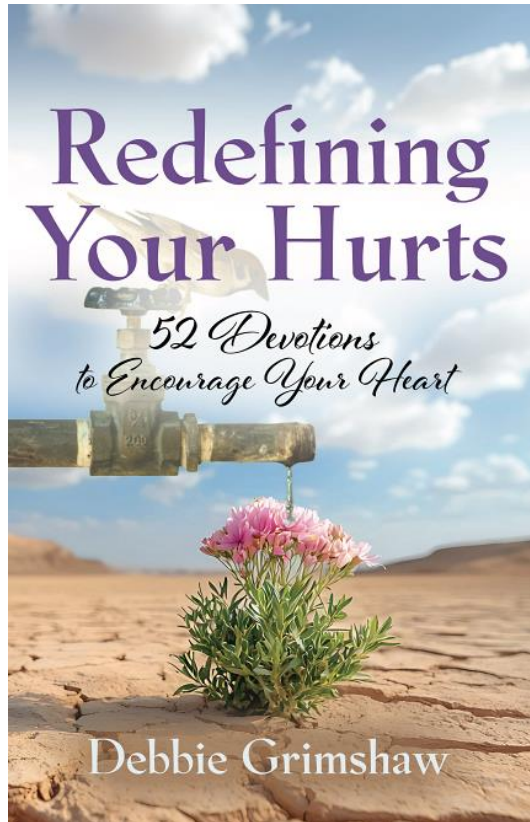
When the sunbeams highlight the edge of the ravine it's as if the sun is beckoning me to *come explore this place of wonder*. The shadows during the day are but areas awaiting their chance to glow, for mere moments later they are the trumpeters. One time a green shrub afire, perhaps like Moses's bush, reminded me of God's holiness. Another day the slope of a hill reminded me that my journey is often an uphill climb, and I need His strength to carry on.

But this day's wonder was beyond explanation, for my eyes alerted to white drip marks on the trunk of a tree. I have read that bugs burrow into the bark and this is the tree's response. No matter the cause, today it captured my full attention. *What lesson does this hold for me, Lord?* Then I am reminded that His blood once stained another tree. And that blood was for me. My emotions explode before my thoughts settle. Today's illumination is God's call to action to shine the light on what He's done. Once, for all.

Prayer: Lord, help me to not wander, but to pause in sincere wonder at what You are doing. Open my eyes to see Your plan for me this day. Remind me of Your faithfulness through Your Word and in the beauty around me. Today, help me walk in Your light and share it with others. Amen.

Scripture: But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. (1 John 1:7)

*My fears and concerns never bear good fruit. It's when
I relinquish them to God that I find peace. *DG*



Redefining hurt is learning to release our internal offenses to God. Like Jesus, Joseph and Job, we can learn to forgive and heal. A reading plan with personal stories and scripture prompts is used to guide you in rethinking pain.

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