**CONFRONTING COMMON EXCUSES**

**LESSON 12 – November 16, 2025**

“I’ve Been Hurt Too Much.”

**Key Verse(s):** Jeremiah 20:7 O Lord, thou hast deceived me, and I was deceived; thou art stronger than I, and hast prevailed: I am in derision daily, every one mocketh me. 8 For since I spake, I cried out, I cried violence and spoil; because the word of the Lord was made a reproach unto me, and a derision, daily. 9 Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones, and I was weary with forbearing, and I could not stay.

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**Summary of the Biblical Event**

Jeremiah had been faithfully preaching God’s warnings and judgments against Judah when a priest named Pashur confronted him in anger. Jeremiah was seized, beaten, and locked in the stocks. This was a humiliating and painful punishment meant to silence his voice. When he was released the next morning, he did not soften his message. Instead, he pronounced God’s judgment directly upon Pashur by foretelling of his captivity and death in Babylon. While Jeremiah showed strength in public, it did not erase the hurt he carried inside. He poured out his heart to the Lord, admitting the weight of the ridicule, isolation, and constant opposition he faced. Every time he spoke God’s Word, he became the object of mockery, and his enemies watched eagerly for any sign of failure. Discouraged and wounded, he declared, “I will not make mention of Him, nor speak any more in His name.” Yet even in his discouragement, Jeremiah could not hold back God’s Word that burned within him like a fire. Jeremiah’s experience reminds us that past hurt can tempt us to withdraw from obedience, but God’s calling and Truth remain stronger than our wounds.



**Examining the Motives Exposing the Flaws**

* He had been wounded often, but this time felt like too much.
* He was humiliated in a very publicly degrading way.
* He was hurt by leaders who claimed to be religious.
* He was hurt for simply doing what God wanted him to do.
* He had only known hurt from the time he was young.
* His other actions gave his excuse some plausibility.
* If our suffering seems like too much, remember Christ.
* Serving God already places us in the minority position.
* Hurt can be caused by any person. Leaders - not exempt.
* Christians should expect hurt to be more likely in God’s work.
* Painful past does not diminish God’s presence and power.

**Effects of the Excuse**

**1. It gives those who hurt us control over our obedience and service to God.**

**Jeremiah 1:8** – “Be not afraid of their faces: for I am with thee to deliver thee, saith the LORD. **17** Thou therefore gird up thy loins, and arise, and speak unto them all that I command thee: be not dismayed at their faces, lest I confound thee before them.”

**2. It leaves an internal vacuum that quickly fills with bitterness, resentment, and ill will.**

**Ephesians 4:31** – “Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.”

**3. It pushes us into isolation, cutting us off from divine interactions that God has planned.**

**Ecclesiastes 4:9-10** – “Two are better than one; because they have a good reward for their labour. 10 For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

**4. It makes hurt our filter, turning us into the victim and twisting how we discern truth.**

**Jeremiah 17:9** - “The heart is deceitful above all things, and desperately wicked: who can know it?”



PERSONAL APPLICATION

**Memory Verse:** Psalm 147:3 -“He healeth the broken in heart, and bindeth up their wounds.”

**Reflective Questions:**

* Am I allowing past hurt to shape how I see God, His people, or His calling for my life?
* Have I let someone’s actions have more power over me than God’s commands?

**Commitment:**

* I will not be ruled by the hurts in my past.
* I will not QUIT doing what God desires for me to do in this life.

Why did Jeremiah think that his hurt meant that God had deceived him?

Why is hurt from people in leadership so much harder for us to deal with?

What does Jeremiah’s answer after wanting to quit reveal to us about hurt?

What types of hurt did Jeremiah go through in his life? Which is the worst?

Why do hurt believers immediately jump to quitting as the answer to the pain that they are feeling?