1 Peter 2:19–23
19 For God is pleased when, conscious of his will, you patiently endure
unjust treatment. 20 Of course, you get no credit for being patient if you
are beaten for doing wrong. But if you suffer for doing good and
endure it patiently, God is pleased with you.
21 For God called you to do good, even if it means suffering, just as
Christ suffered for you. He is your example, and you must follow in his
steps.
22 He never sinned, nor ever deceived anyone.
23 He did not retaliate when he was insulted, nor threaten revenge
when he suffered. He left his case in the hands of God, who always
judges fairly. {NLT}

Ephesians 4:31–32
31 Get rid of all bitterness, rage, anger, harsh words, and slander, as
well as all types of evil behavior. 32 Instead, be kind to each other,
tenderhearted, forgiving one another, just as God through Christ has
forgiven you. {NLT}

1 Peter 3:8–9
8 Finally, all of you should be of one mind. Sympathize with each
other. Love each other as brothers and sisters. Be tenderhearted, and
keep a humble attitude. 9 Don't repay evil for evil. Don't retaliate with
insults when people insult you. Instead, pay them back with a
blessing. That is what God has called you to do, and he will grant you
his blessing. {NLT}

✝ **Prayer:** Gracious God, You know my heart and every place where I have been hurt, disappointed, or misunderstood. Give me courage to respond with grace, integrity to keep doing what is right, and freedom from the need for everyone's approval. Keep pain from hardening my heart or pulling me away from people You call me to love. Examine my motives and change anything within me that does not reflect Jesus. Teach me to please You above all else and to live with kindness, courage, and generous love. Make my life a faithful witness to Your Good News. Through Jesus Christ, I pray. Amen.

Message Notes:
How to Keep Your Heart Right When People Get It Wrong
Series: Keep Moving
Dr. J Frank Howard
Kingswood Church
Rural Hall, NC
October 25, 2026

✝ 1 Thessalonians 2:1–8
1 You yourselves know, dear brothers and sisters, that our visit to you
was not a failure. 2 You know how badly we had been treated at
Philippi just before we came to you and how much we suffered there.
Yet our God gave us the courage to declare his Good News to you
boldly, in spite of great opposition. 3 So you can see we were not
preaching with any deceit or impure motives or trickery.
4 For we speak as messengers approved by God to be entrusted with
the Good News. Our purpose is to please God, not people. He alone
examines the motives of our hearts. 5 Never once did we try to win you
with flattery, as you well know. And God is our witness that we were
not pretending to be your friends just to get your money! 6 As for
human praise, we have never sought it from you or anyone else.
7 As apostles of Christ we certainly had a right to make some
demands of you, but instead we were like children among you. Or we
were like a mother feeding and caring for her own children. 8 We loved
you so much that we shared with you not only God's Good News but
our own lives, too. {NLT}

✝ **Mainline: You don't have to be _____ _____ to keep _____ what's _____.**

✝ **The Word…on the Word:**
Being hurt can change the way you see people, the way you see yourself, and even the way you see God. Paul knew what it was like to be mistreated, misunderstood, and opposed, but he refused to let what happened to him decide who he would become. In 1 Thessalonians 2:1–8, we discover that pain does not have to make us bitter, guarded, or distant. We do not have to become bitter because

we were disappointed or guarded because we were wounded. God can give you the courage to keep going, the wisdom to know when to guard your heart, and the grace to keep caring without letting hurt change who you are. We can choose integrity, trust God with what we cannot control, and refuse to let someone else's choices determine who we become.

✝ **Think About This:**

(1) After Paul and his companions were treated badly, what helped them keep going? {1 Thessalonians 2:1–2}
(2) What wrong ways of treating people does Paul say they avoided? {1 Thessalonians 2:3–4}
(3) Why do you think Paul cared more about pleasing God than getting people to like or approve of him? {1 Thessalonians 2:4–6}
(4) What do verses 7–8 show you about how Paul and his companions cared for the people in Thessalonica? {1 Thessalonians 2:7–8}
(5) How did Paul and his companions keep loving and helping people even after they had been hurt? {1 Thessalonians 2:1–8}

✝ **Three Real Life Applications:**

(1) Give God Your Hurt Before You Give Somebody Else Your Heat

1 Thessalonians 2:2
[2] You know how badly we had been treated at Philippi just before we came to you and how much we suffered there. Yet our God gave us the courage to declare his Good News to you boldly, in spite of great opposition. {NLT}

(2) Let God's Approval Mean More To You Than People's Acceptance

1 Thessalonians 2:4–6
[4] For we speak as messengers approved by God to be entrusted with the Good News. Our purpose is to please God, not people. He alone examines the motives of our hearts. [5] Never once did we try to win you with flattery, as you well know. And God is our witness that we were not pretending to be your friends just to get your money! [6] As for human praise, we have never sought it from you or anyone else. {NLT}

(3) Don't Let Hurt Have The Last Word On Love

1 Thessalonians 2:7–8
[7] As apostles of Christ we certainly had a right to make some demands of you, but instead we were like children among you. Or we were like a mother feeding and caring for her own children. [8] We loved you so much that we shared with you not only God's Good News but our own lives, too. {NLT}

✝ **Bible Passages for Further Study:**

Romans 12:17–21

[17] Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. [18] Do all that you can to live in peace with everyone.
[19] Dear friends, never take revenge. Leave that to the righteous anger of God. For the Scriptures say,
"I will take revenge; I will pay them back," says the Lord. [20] Instead, "If your enemies are hungry, feed them. If they are thirsty, give them something to drink.
In doing this, you will heap burning coals of shame on their heads."
[21] Don't let evil conquer you, but conquer evil by doing good. {NLT}

Luke 6:27–36

[27] "But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. [28] Bless those who curse you. Pray for those who hurt you. [29] If someone slaps you on one cheek, offer the other cheek also. If someone demands your coat, offer your shirt also. [30] Give to anyone who asks; and when things are taken away from you, don't try to get them back. [31] Do to others as you would like them to do to you.
[32] "If you love only those who love you, why should you get credit for that? Even sinners love those who love them! [33] And if you do good only to those who do good to you, why should you get credit? Even sinners do that much! [34] And if you lend money only to those who can repay you, why should you get credit? Even sinners will lend to other sinners for a full return.
[35] "Love your enemies! Do good to them. Lend to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked. [36] You must be

compassionate, just as your Father is compassionate. {NLT}