

“When God Starts the Healing... But You Still Feel the Hurt”

Bible Study Title:

“When God Starts the Healing... But You Still Feel the Hurt”



Text: *Psalm 34:17–19*

*17 The righteous cry out, and the Lord hears them;
he delivers them from all their troubles.*

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

*19 The righteous person may have many troubles,
but the Lord delivers him from them all;*

INTRODUCTION

There are seasons when God has already begun the healing work in us, but the hurt hasn't fully let go of us. We know we're forgiven, but we don't feel finished. We believe God is restoring us, but we still feel the sting of what broke us. Psalm 34:17–19 speaks directly into that tension, the space between the wound and the healing, between the cry and the comfort, between the pain and the promise.

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This study helps us understand that **God is not only the God who heals — He is the God who heals in stages**, and His presence is the first sign that healing has already begun.

1. GOD HEARS THE CRY BEFORE HE HEALS THE WOUND

Psalm 34:17 — “The righteous cry out, and the Lord hears...”

- David shows us that healing begins with honesty.
- God responds to the cry before He responds to the condition.

Exegesis

David writes this psalm *after* escaping danger, not before. The phrase “cry out” in Hebrew (*tsha’aq*) means a desperate, guttural call — the sound of someone who has reached the end of themselves. The text shows that healing begins not with strength, but with surrender.

Theology

God is not distant from pain. He is the God who **inclines His ear** (Psalm 116:2) and responds to the cries of the broken. Healing is not a reward for the strong; it is a response to the surrendered.

Life Application

- What pain have you been trying to “push through” instead of crying out about
- Where do you need to stop pretending you’re okay so God can start healing
- Journaling prompt: “Lord, here is the cry I’ve been holding back...”

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2. GOD’S NEARNESS IS THE FIRST STAGE OF HEALING

Psalm 34:18 — “The Lord is close to the brokenhearted...”

- Before God fixes anything, He comes close.
- His presence is the medicine before the miracle.

Exegesis

“The Lord is *close* to the brokenhearted” — the Hebrew word *qarov* means “near enough to touch.” Before God fixes anything, He **comes close**. His presence is the medicine before the miracle.

Theology

God’s nearness is not a feeling; it is a covenant reality. He draws near to the hurting because His character is compassionate (Exodus 34:6). Healing begins with presence, not progress.

Life Application

- Practice a 2-minute breathing prayer: “Lord, be near to me.”
- Identify one place in your life where you need to acknowledge God’s nearness rather than your numbness.

Psalm 34:18b — “...and saves those who are crushed in spirit.”

- “Saves” is ongoing deliverance — healing unfolds in layers.
- God works beneath the surface before He works on the surface.

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Exegesis

“He saves the crushed in spirit” — *saves* (Hebrew *yasha*) is ongoing deliverance, not a one-time event. David teaches that healing unfolds in stages.

Theology

Sanctification includes emotional healing. God works in layers — He heals wounds beneath the words, then wounds beneath the wounds. The Spirit is both Comforter and Surgeon.

Life Application

- What part of your healing journey frustrates you because it’s taking longer than you expected
- What step of healing do you sense God inviting you to take next
- Reflection: “Where is God working even if I don’t feel finished?”

4. PAIN DOES NOT CANCEL GOD’S PROTECTION

Psalm 34:19 — “Many are the afflictions of the righteous...”

- Righteous people still hurt.
- Pain is not proof of abandonment — it’s the place where God proves His faithfulness.

Exegesis

“Many are the afflictions of the righteous...” — David is clear: righteousness does not exempt you from pain. But the promise is that God delivers “out of them all.”

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Theology

Suffering is not a sign of abandonment. God protects *in* the pain, not just *from* the pain. Deliverance is not the absence of trouble; it is God’s presence in trouble.

Life Application

- Identify one area where you assumed pain meant God was absent.
- Reframe it: “What if God was protecting me even while I was hurting?”

5. GOD HEALS YOU IN THE HURT SO HE CAN HEAL THROUGH THE HURT

Psalm 34

- David’s healing becomes instruction for others.
- God never heals you just for you — He heals you so you can strengthen someone else.

Exegesis

David’s testimony becomes an instruction for others. His healing becomes communal encouragement. God never heals you just for you — He heals you so you can strengthen someone else.

Theology

Healing is missional. God restores us so we can participate in the restoration of others. Your wounds become your witness.

Life Application

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- Who in your life needs the comfort you’ve received
- What part of your story is God calling you to share
- Prayer: “Lord, use my healing to help heal someone else.”

CLOSING: POINTING TO CHRIST AND THE CROSS

Psalm 34 finds its fulfillment in Jesus Christ.

- He cried out — and God heard Him.
- He was brokenhearted — and God was near.
- He was crushed in spirit — for our salvation.
- He suffered affliction — yet God delivered Him through resurrection.

On the cross, Jesus entered the deepest human pain so He could bring us the deepest divine healing. His wounds guarantee that healing can begin even while hurt is still present, because resurrection is already working beneath the surface.

Through Christ, we learn that healing is not just an event — it is a journey shaped by the cross, strengthened by His presence, and completed by His resurrection power.