

## **Hurt People Hurt People**

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Several years ago, I had a dog that was hit by a car. Her leg and hip were broken in the accident. Obviously, she was in a lot of pain. So when I picked her up to take her to the vet, do you know what she did? She bit me! I was only trying to be kind and help, but she bit me.

Same song, second verse... Have you ever tried to reach out to someone who was obviously in pain in an effort to help them? When you have done so, have you ever been "bitten" by those you're trying to help? If so, I wouldn't be at all surprised. You see, I've come to realize that hurt people hurt people.

So here are two challenges. 1) Don't let your fear of being "bitten" keep you from doing good for others. Seldom does doing good and helping another come without cost. And 2) when you're hurting, and someone tries to reach out to you and offer you help, resist the urge to "bite" and graciously accept their help, understanding that they are seeking your good.

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