

Head Banging

Self-injury is a sign of distress not madness. We should be congratulated on having found a way of surviving.

(Cory Anderson)

Roberty Britt reports, “A new study suggests that self injury among teens is more common than thought. Some 46 percent of high school students surveyed said they had purposely injured themselves more than once in the past year. Among those who said they had injured themselves, more than half said they had cut or burned their skin or given themselves a tattoo or engaged in other acts the researchers labeled as serious. Others engaged in comparatively minor acts such as pulling out hair, biting themselves or picking at areas of the body until they bled.”

Fifteen year old Josh wept bitterly, describing one tragedy after another that adversely affected his life. His mom and dad went through a bitter divorce, and on the heels of this pain another calamity emerged which gnawed at the seams of his sanity. He lost two of his grandparents in a murder suicide.

His dad began drinking and his mom moved in with the man with whom she was having an affair. Joe felt abandoned; he had no where to turn. The ache he felt inside his heart seemed unbearable and he vented his anger, lashing out at the one closest to him—he attacked himself. Being livid with rage, he threw fits of fury beating his head against a wall until it was bruised and bloody. Time and again he tried to deal with his pain and escape it; but the more effort he put forth into coping with it; the more he felt the need to hurt himself. This resulted in fear, confusion and heartache. No one knew about what he was doing until now. One mother in the room was so moved by what this young man was feeling that she stepped over and put her arms around him. That day Joe opened up, sharing his pain with others; that day he began walking on the road to recovery.

Corie Blount writes, “How will you know I am hurting, if you cannot see my pain? To wear it on my body tells what words cannot explain.” And how do we know that God really cares? He wrote His concern for us in blood on the body of His Son Jesus Christ. Christ was wounded for our wrongdoing; His flesh was cut and torn; He was bruised so that we might be healed of our pain through relationship with God. The Lord experienced your frustration and took it upon Himself; He felt our agony. For God so loved the world that He gave His one and only Son for us; that whoever believes on Him should not perish but have eternal life (John 3:16). Vent on Him today and He will take your pain away.

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