

# Cutting: Healing the One Who Injure Themselves

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# Introduction

- When I was in high school, cutting was a term for students who skipped school to attend the Chicago Cubs home opener.
- Today, cutting is a term to describe people cut themselves, drawing blood to create physical pain to block out the emotional pain.

# Raise your hand...

- if you do NOT know of someone who has cut themselves.



# What is Cutting?

- Cutting is a form of self-injury, using a sharp object to cut or scratch into the skin to create physical pain to block out the emotional pain.
- More women are cutting than men
- Usually done on the arms, legs and torso
- Often concealed by clothing
- Cutting is usually done alone

# Does it Hurt?

- At first, maybe.
- Later, maybe not.
- Part of the problem is that the person wants to feel the pain, and will cut more to get that feeling.

# Why Cut?

- to release emotion stress
- to express anger
- to express negative emotions
- to express control on a life that seems out of control
- to punish themselves
- to hide the emotional pain with physical pain

# Why Cutting?

- Cutting is a compulsion
- Better than suicide/ pre-suicide
- Cutting can be associated with other mental disorders

# Endorphins



- Cutting releases endorphins (the Brain's "feel-good chemical")
- Endorphins create an addiction cycle (high-low)



## Warnings: Cutting can lead to



- Infections
- Permanent Scarring
- Hitting an artery
- Damage of tendons

# Possible Signs

- Withdrawn from family, friends, favorite activities
- Irritability or impulsiveness
- Wearing long sleeved shirts and pants during very hot weather.
- Unexplained or unusual explanation for cuts and scratches

# How Can You Help

- Be a friend!
- Listen
- Carefully suggest the person talk to someone i.e. Pastor or Counselor

## a Poem: cutting the pain

You put on a smile and pretend everything's okay  
All the while they never knew you've gone your own way  
You feel the pain inside, it makes you want to die  
You see the way out, my way out

The pain is too much, it makes you want to die  
Why has God done this to me, why has he not saved me?  
Grasping the blade in your hand, forgetting everything  
As you watch the blood flow out, why does it have to be this way?

Another scar to your arm, another day you survive  
Another suicide attempt that never goes right  
I can't do anything right, I can't even die  
Why am I still alive, why can't I just die?

## a Poem: cutting the pain

My friends and family say they care  
They say they will always be there  
where were they when I cut to deep  
where were they when I went to sleep?

My trust has gone away, my feelings and will to live  
All I want to do is stay away from the sickness  
All I want is that high of pain to relieve my stressful day  
The blade became my only friend, how did it become this way?

# Healing the Self-Wounded

- Jesus Christ is the answer!
- Psalm 124:8 ESV Our help is in the name of the Lord, who made heaven and earth.

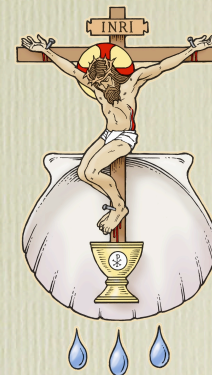


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# Healing through His Wounds

- Isaiah 53:5 ESV But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with **his stripes** we are **healed**.



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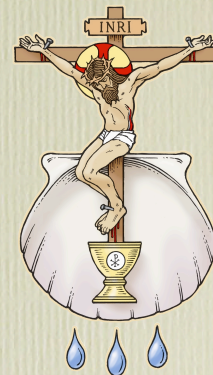
# Healing through His Wounds

- Jeremiah 30:17a ESV For I will restore health to you, and your wounds I will heal, declares the Lord



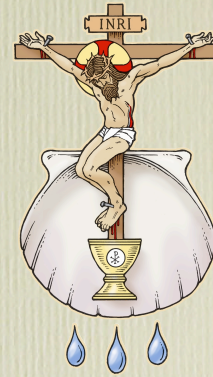
# Healing through His Wounds

- 1 Corinthians 6:19-20 ESV Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, [20] for you were bought with a price. So glorify God in your body.



# Healing through His Wounds

- Isaiah 61:1 ESV The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound;
- 1 Peter 5:7 ESV casting all your anxieties on him, because he cares for you.



# Healing through His Wounds

- Matthew 6:25 ESV [25] “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?”



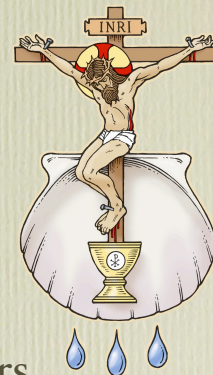
# Healing through His Wounds

- Ephesians 5:29-30 ESV [29] For **no one ever hated his own flesh**, but nourishes and cherishes it, just as Christ does the church, [30] because we are members of his body.



# Healing through His Wounds

- 1 Corinthians 12:15 ESV [15] If the foot should say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body.
- 1 Corinthians 12:27 ESV [27] Now you are the body of Christ and individually members of it.



# Healing Through Confession

- Confession/Absolution
- Luther: Yet I will let no man take private confession away from me, and I would not give it up for all the treasurers in the world; for I know what comfort and strength it has given me.

# Healing through His Body and Blood

- We must never regard the sacrament as a harmful thing from which we should flee, but as a pure, wholesome, soothing medicine that aids you and gives life in both soul and body. **For where the soul is healed, the body is helped as well.** Why, then, do we act as if the sacrament were a poison that would kill us if we ate of it?

Luther: Large Catechism



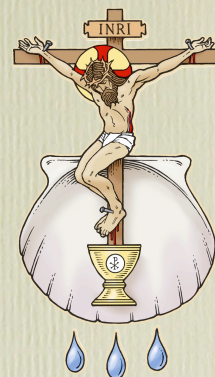
# Healing through His Body and Blood

- The Sacrament is instituted for the very purpose of giving us comfort and strength. Therefore you should let nothing keep you from it. If you feel you weakness, blessed are you; for you must indeed feel your shortcomings. Luther



# Healing through Water

- There is on earth no greater comfort than Baptism. Luther
- But God is God of Life. Since, then, He is in this water, this must be the real “water of life,” which drives away death, hell and makes one eternally alive. Luther



# Healing through the Cross

- Matthew 16:24 ESV [24] Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me.

# Your Body is a Gift

- 1 Corinthians 6:20 ESV [20] for you were bought with a price. So glorify God in your body.
- We glorify God by bringing to Him our burdens and concerns.
- Matthew 11:28 ESV [28] Come to me, all who labor and are heavy laden, and I will give you rest.

# Amen!

- Isaiah 53:5 ESV But he was wounded for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with **his stripes** we are **healed**.

