

# Cutting

We are glad that you are seeking help and information for yourself, your family member or your friend who is currently self-injuring by cutting.

Many people choose to withdraw from pain or hurt in their lives. Some people get visibly depressed and anxious. People choose to deal with this in different ways, including self-injury. Many people who self-injure say that when they cut they feel no pain. Cutting can become addictive as a result. It can also lead to serious injury and infection.

So what's next? Realize that self-harm ...

... Is pointing to pain that is undealt with in your heart.

... Cannot be stopped immediately or simply because someone asks.

... Is a coping mechanism.

... Has usually, but not necessarily, developed over time.

We hope those who are cutting will understand that Jesus is their healer and through Jesus, there can be freedom from this. (Philippians 4:13)

God created us in His image, which we bear (Genesis 1:27). He loved us enough to send Jesus to die for our sins (John 3:16), and that if we believe that He died on a cross, was buried and rose again, then we can be brand new, leaving our past behind and living the new life He has for us. (2 Corinthians 5:17)

Other Scriptures that may be of help are:

Proverbs 3:5-6

Matthew 11:28

John 15:5-8

Romans 12:2

1 Corinthians 6:19

Philippians 4:6-7

1 Peter 5:7

Ephesians 3:14-21

If you or a friend or family member is struggling with cutting and you would like to talk with someone about this, we would love to help you. Please call your local NewSpring Church office or email us at [care@newspring.cc](mailto:care@newspring.cc).



[www.newspring.cc](http://www.newspring.cc)