

# UNMASKED

## Hiding from Hurt

## TALK IT OVER

### Key Scriptures

*I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33*

*Let all that I am wait quietly before God, for my hope is in him. <sup>6</sup>He alone is my rock and my salvation, my fortress where I will not be shaken. <sup>7</sup>My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. <sup>8</sup>O my people, trust in him at all times. Pour out your heart to him, for God is our refuge. Psalm 62:5-8*

*Be happy with those who are happy, and weep with those who weep. Romans 12:15*

*Share each other’s burdens, and in this way obey the law of Christ. Galatians 6:2*

*All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. <sup>4</sup>He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:3-4*

*Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.*

*<sup>2</sup>This I declare about the Lord: He alone is my refuge, my place of safety; he is my God, and I trust him. Psalm 91:1-2*

*And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. <sup>39</sup>No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.*

*Romans 8:38-39*

### Other Scriptures

*Psalm 46:1*

*Isaiah 53:5*

*Hebrews 13:5b*

*Psalm 147:3*

### Start talking. Find a conversation starter for your group.

- How do you typically respond to painful circumstances?
- How can you rely more on God during difficult circumstances?

### Start thinking. Ask a question to get your group thinking.

- Why do we so often keep our hurts concealed from God and others?
- What are some of the dangers when we keep our hurts concealed?

### Start sharing. Choose a question to create openness.

- Have any people been helpful in healing the hurts in your life? If so, what do these people mean to you?
- In what ways do you experience God’s presence? How does it feel to be in His presence?
- Describe a time when God was a source of hope during a difficult time. How did that experience impact your relationship with Him?

### Start praying. Be bold and pray with power.

*Father, thank You for giving us free and open access to your presence where we can find healing from our hurts. Teach us to run to you instead of from you when the hurt is too much to handle. Help us to be real with your people so we can receive healing and help others receive their healing. In Jesus’ name, amen.*

### Start doing. Commit to a step and live it out this week.

- One of the ways God heals our hurts is through His presence. We can best experience His presence by spending time with Him. If you are hurting, commit to spending time with God. Tell Him about your hurt, share your heart with Him. Ask him to change what you cannot change and heal what you cannot fix.
- God also heals our hurts through other people. If you are holding onto concealed hurts, commit to sharing them with someone else this week. You might share them with a friend, family member, or a pastor. Allow God to speak to you through other people so you can begin the healing process.