

Your Past
Matthew 27:26-31
Jesus Understands Week 5

Over 1 in _____ women and 1 in _____ men in the US have experienced _____, violence, and/or _____.

Almost _____% of adults in the US have experienced psychological _____.

1 in _____ girls and 1 in _____ boys are sexually assaulted by age _____.

When Past _____ Still Hurt Jesus Understands

"Then [Pontius Pilate] ... had Jesus flogged, and handed him over to be crucified." - Matthew 27:26 NIV

Some Types of Abuse:

_____ Abuse _____ Abuse Emotional Abuse
_____ Abuse

Not all abuse is _____. But all abuse is _____.

Abusing never makes you _____. It shows you're _____.

You can't heal and _____ at the same time.

Your _____ for others may or may not _____ them, but it always _____ you.

After the resurrection, Jesus still had _____.

"Surely he took up our pain and bore our suffering ... ⁵But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed." - Isaiah 53:4-5 NIV

Digging Deeper & Life Application:

- What are some ways you can find healing. How would your life look different if you started to forgive people who have hurt you?
- If you or someone is currently in an abusive situation, call 1-800-799-7233 or visit www.thehotline.org/ to start a free, confidential chat with someone who can help.