

## Been There—5 When Past Hurts Still Hurt

- Over 1 in 3 women and 1 in 4 men in the US have experienced rape, violence, and/or stalking.
- Almost 50% of adults in the US have experienced psychological aggression.
- 1 in 3 girls and 1 in 5 boys are sexually assaulted by age 18.

### When Past Hurts Still Hurt

#### Been There

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

*Then [Pontius Pilate] ... had Jesus flogged, and handed him over to be crucified. ... <sup>28</sup>They stripped him and put a scarlet robe on him, <sup>29</sup>and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. <sup>30</sup>They spit on him, and took the staff and struck him on the head again and again. <sup>31</sup>After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him.*

Matthew 27:26, 28-31 NIV

### Some Types of Abuse

- **Physical Abuse**
- **Sexual Abuse**
- **Emotional Abuse**
- **Spiritual Abuse**
  
- **Not all abuse is criminal. But all abuse is sinful.**
- **Abusing never makes you strong. It shows you're weak.**
- **You can't heal and hate at the same time.**

*Jesus said, "Father, forgive them, for they do not know what they are doing." ... Luke 23:34 NIV*

- **Your prayer for others may or may not change them, but it always changes you.**

*... be kind to each other ... forgiving one another, just as God through Christ has forgiven you. Ephesians 4:32 NLT*

- **After the resurrection, Jesus still had scars.**

*Surely he took up our pain and bore our suffering ... <sup>5</sup>But 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*

### TALK IT OVER

Read **Isaiah 53:4-5**. What stands out to you in this passage? How does it impact the way you view Jesus?

Have you or a family member or friend experienced abuse or other hurts that you need to process? Spend time listening to and caring for one another.

Talk about 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 in your group is currently in an abusive situation, call 1-800-799-7233 or visit [www.thehotline.org/](http://www.thehotline.org/) to start a free, confidential chat with someone who can help.

Start the *Jesus Can Relate* Bible Plan using Plans With Friends: [www.go2.lc/beenthere](http://www.go2.lc/beenthere)