



## SMALL GROUP

# LESSON

## Small Group Guide: Can/Will You Trust Me With Your Pain?

**Summary:** This sermon uses the story of the paralyzed man in Mark 2 to call people to admit where they are “stuck” and let others help carry them to Jesus for healing. It emphasizes that inner issues (like unforgiveness, trauma, pride, and isolation) must be brought into vulnerable community and surrendered to God in order to experience true freedom and transformation.

### Key Takeaways from the Sermon

- 1. We All Get Stuck:** The paralyzed man represents areas where we're spiritually, emotionally, or relationally paralyzed—unable to move forward on our own.
- 2. Healing Requires Community:** One paralytic + four helpers = five (the number of grace). Some miracles won't happen through individual prayer alone—we need each other.
- 3. Vulnerability is Necessary:** The man had to give up control, reputation, and pride to allow others to carry him. Healing requires letting others "touch" our pain.
- 4. Inner Healing Before Outer Healing:** Jesus forgave the man's sins before healing his legs. God often addresses root issues (identity, unforgiveness, trauma) before external problems.
- 5. We Must Surrender:** The question isn't just "Can you?" (ability) but "Will you?" (permission). Will we trust God and others with our pain?

### Discussion Questions

#### Understanding the Message

1. What stood out to you most from this sermon? Why?
2. The sermon said, "Your thinking is limited. Your wisdom is limited." How does pride or self-sufficiency keep us from receiving help from others?

#### Personal Reflection

1. Where do you feel "paralyzed" or stuck in your life right now?(Consider: emotions, relationships, spiritual growth, past trauma, unforgiveness)
2. The man had to be vulnerable—carried in public, lowered through a roof. What makes vulnerability difficult for you? What fears come up when you think about letting others help you?
3. The pastor mentioned "overcompensating" for weak areas (using money, career, achievements to cover brokenness). Where might you be overcompensating instead of healing?

#### Going Deeper

1. Jesus addressed the man's sin before his physical condition. What "inner issues" might God want to address in your life before fixing your "outer problems"?
2. Discuss this statement: "Confess your faults to your brothers so that you may be healed" (James 5:16). Why is confession to others (not just God) important for healing?

## Application

1. Who are the "four friends" in your life who could help carry you to Jesus? If you don't have them, what steps can you take to build those relationships?
2. Is there someone God is calling you to be a "friend" to—someone whose pain you could help carry? How can you approach them?
3. What specific step will you take this week to move toward healing? (Examples: schedule counseling, forgive someone, ask for prayer, join a support group, have an honest conversation)

## Practical Applications :

Choose one of the following:

### Option 1: Vulnerability Practice

- Share your "paralyzed area" with one trusted person this week. Ask them to pray with you about it.

### Option 2: Forgiveness Assignment

- Write down names of people you need to forgive. Spend time in prayer releasing them and blessing them. Consider reaching out if appropriate.

### Option 3: Seek Help

- Take one concrete step toward getting help: research counselors, schedule an appointment, join a support group, or ask your pastor for resources.

### Option 4: Be a Friend

- Reach out to someone you know is struggling. Ask them: "Can you trust me with your pain? I'd like to pray for you."

## Leader Notes

- **Create safety:** Remind the group that what's shared stays in the room
- **Don't rush:** Allow silence and space for the Holy Spirit to work
- **Be prepared:** Some may need referrals to professional counseling
- **Follow up:** Check in with vulnerable members during the week
- **Model vulnerability:** Leaders should be willing to share their own struggles appropriately

"Can you trust me with your pain? Will you trust me with your pain?"