

IT'S NOT OVER

"It's Not Over"

HOPE GROUP STUDY - Week of April 21, 2024

Let's review this week's message, "The Antidote to Your Hurts"

1 Let's Talk & Pray

Ask everyone to share the following:

On a scale of 1 to 10, with 1 being the lowest and 10 the highest, how good do you feel you are at forgiving people? After everyone has shared, pray for your time together.

2 Let's Read the Word

Eph. 4:31,32; Luke 6:27,28; Romans 12:17,18
2 Timothy 2:23; Titus 3:10,11; Matthew 6:12; 10:8

3 Let's Review the Main Idea

How do you know when you have forgiven?
If you are constantly praying for help to forgive the same person, over and over again, maybe it still hurts. Jesus said to pray for our enemies, but really, it's also to speak well of them, and not to speak poorly about them. If we are in a cycle of rehearsing the hurt, there is an antidote to the hurt:

- FACE your hurts
- FAITH your forgiveness
- FORGIVE your offenders

4 Let's Think

- When you read Ephesians 4:31,32, which emotion or action do you seem to deal within yourself when you are hurt?
- What kind of actions on our part make the hurt worse? Why do we default into those actions?
- Why is it important to admit/face we are hurting? What keeps us from admitting it or pretending it didn't happen?

5 Let's Share

- God wants to take us through the process of healing, and it starts with forgiveness. What is the most difficult part about forgiveness for you?
- Why is it important for us to initiate the process of forgiveness?
- Why is forgiveness sometimes a process and not instantaneous? How has God helped you through this process before?

6 Let's Grow

- How do you know when you have forgiven someone? How do you know when you have not forgiven someone?
- Even if we know forgiveness is the answer to our hurt, why don't we forgive? What will you tell yourself when you need to forgive?
- There can be forgiveness, but when is it wise to have boundaries when someone has hurt you? Why?
- Is there someone you need to forgive? (if you don't want to share, that's ok, we will pray over this together today)

7 Let's Pray

Take a step and write the name or situation down on a piece of paper. Each person can hold their own paper as the group prays for God to help them forgive.

Here's what's coming up at Hope!
May 4th - Women of Hope Brunch
May 5th - Amigo Day