

## **Weekly Study of Sunday's Message.**

**Sunday May 5, 2019. "Surviving the Worst Thing Ever".**

### **A. Intro.**

Welcome to the weekly devotional that gives you some specific things to work thru from the message this past Sunday. Whether you were able to attend the worship service or not, this devotional is free-standing and you can still use it to help you dig deeper in your own spiritual walk.

Take as long as you need to dive into this material and feel free to share it.

### **B. Recap Series.**

Sunday we hit part...2 ½ of our series "***Surviving the Worst Thing Ever***". We began it at Easter stating we all have those events in our life, we either caused ourselves, or had something happen to us, that just sent our life into a tailspin. The crucifixion was obviously this event in the life of Jesus.

But there is an 'other' side to those events, and we do make it thru it, but we often find we are a different person. That event not only changed the direction of our life, but more often than not, it also changed some things deep within us. If we handle those 'worst moments ever' well, coupled with some honest self-reflection, **we can grow as a person AND have a deeper and richer understanding of God.**

But this takes letting go of some beliefs that we held closely and brought us to that point in life, and be willing to learn and experience new things about God. This feels scary and dangerous. But if our God is as big, and infinite as we believe he is, then he's not offended when we ask hard questions, and there is always more for us to know about him.

Last week we talked about when we are the one responsible for that 'worst thing ever', how we work thru that process. And this week, we talked about when that worst thing happens to us and how we work thru it. The 'flip side' as it was referred to Sunday.

### **C. Sunday.**

The primary passage was a fairly familiar story found in **Luke 24:36-49**. It's kind of a lengthy story, but there's so much contained within it that we can use in our own life. So read the passage, and then we'll walk thru it.

**What jumped out at you about this passage?**

**Was there anything you saw differently than before?**

**How do you think it felt to have this experience with Jesus?**

This passage was used to talk about when someone hurts us. And a process we need to go thru to restore that relationship. There were a few basic truths we can pull out of that passage that can help us in the process of restoration.

We need other people. Life is better with other people. We were created to be in relationship with others. But people can be difficult and relationships are hard. So there has to be continual effort to do all the things to keep these essential relationships healthy and vital.

**What are some things you've found that are necessary to keep relationships strong? There are easy answers like "trust" and "honesty", but give those some detail and dig deeper for others.**

**What are some things you've found that can make relationships challenging?**

**What did you see in the story from Luke that can give you some insight about restoring relationships?**

There are some other significant relational truths we have to consider and remember when working on the difficult aspects of restoring strained relationships.

Sometimes we have to give space, and time, before we address any potentially difficult topics. Just so the emotion can wain a bit and to allow the conversation to be less intense.

In addition no one is ever completely innocent in brokenness in a relationship. We need to own our own part of the conflict, and let the other know how we see our responsibility for what happened.

Both parties have to want to move towards each other. There has to be a willingness for both to do this hard work.

There are other views and perspectives of what happened, so we have to be willing to hear the other people out. And in order to do this we have to make sure we have a right attitude, and be willing to genuinely offer forgiveness.

We cannot stuff, or deny, our feelings or our hurt in this process. 'Going along to get along' benefits no one. When you do this you deny the depth of the hurt, and if the other person is not aware of what they did to hurt you, then you're setting them up to do it again.

There is also the urge to exact our "pound of flesh". To make sure the other person pays in some way for what we felt they did. This is such a normal and common reaction to being hurt or wronged, AND can be such a destructive force in the healing process. This feeling comes from a dark and unhealthy place, and can never be satisfied. You have to recognize it's there, name it, and then begin the process of working thru it.

**Think about each of these above mentioned elements and how do you see them working or being important in the restoration process?**

#### **D. Challenge.**

Here were some final questions Tami asked to encourage us to be open and willing to restore strained and broken relationships.

**What elements from Jesus' example do you need to add to you tool box for maintaining healthy relationships?**

**Is there a relationship that you need to restore?**

**What action needs to happen on your part for the restoration process to begin (forgive, own it, perspective)?**

**Ask God to help you—to give you courage, wisdom, strength—and then take that first step.**

Restoring a relationship is hard work. When we enter the process it's going to feel awkward and uncomfortable. And it may not go as well as you want in the first conversation. But restoration and reestablishing the relationship, (when possible), is always worth the effort.

Tami's final challenge was this; We NEED other people. And when our relationships are healthy and in order, life is sweet.