

Questions People Ask

Week Two – January 14/15, 2017

How do I Heal from Hurt?

Main Point: God is the God of all comfort. We are limited - God is unlimited.

1. What would hurt your feelings as a child? How were you taught to process your hurt feelings? Share, only if you are comfortable, some situations or circumstances where you have been hurt? How is your processing different now as an adult?
2. Pastor Ken gave us a question to ask ourselves, “Are you too easily offended and hurt in life?” Describe your reply - maybe, nope or yes. What would others say?
3. Talk about the rhino (how do you spell it) and the dove. What could that look like in your life?
4. Pastor Ken talked about the importance of discerning the difference between disappointment and hurt. Discuss the difference – remember the circles on the board.
5. When we are hurt – what should we do? Own it and deal with it. What does owning it look like for you? Dealing with it – is this an elephant in the room? Where should the elephant be in the room?
6. Read 2 Corinthians 1:3-11. What do we learn about God in the passage?
7. Who is the true source of all comfort? Look at 2 Corinthians 1:3-11 again. How many times does Paul use the word “comfort”?

8. Read 2 Corinthians 1:9,10. What did Paul stop doing? What does God do? Share a time when you felt God rescued you from a hurt.

9. "If a friend doesn't point you closer to Christ, they are not a Christian friend." Who are you sharing your hurt with? Are they guiding you closer to Christ?

10. Read 2 Corinthians 1:4. Why does God give us comfort?

Drawing near to God, you can begin this very second. He loves and cares for you more than anybody.

Further reading:

Psalm 145

Psalm 147