



LIFEgroup STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP).
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER *SUNDAY MESSAGE REVIEW*

NOTE to the LIFEgroup Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

CHURCH HURT

“Healing From Church Hurt”

“When Saul arrived in Jerusalem, he tried to meet with the believers, but they were all afraid of him. They did not believe he had truly become a believer!” Acts 9:26 (NLT)

Steps to healing after you have been hurt in the church:

1. Recognize the difference between being hurt by people and being hurt by God.

“So the Lord’s message spread throughout that region. Then the Jews stirred up the influential religious women and the leaders of the city, and they incited a mob against Paul and Barnabas and ran them out of town.” Acts 13:49-50 (NLT)

“So they shook the dust from their feet as a sign of rejection and went to the town of Iconium. And the believers were filled with joy and with the Holy Spirit.” Act 13:51-52 (NLT)

2. Resist the urge to withdraw from the church.

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together...” Hebrews 10:24-25 (NIV)

“Two are better than one, because they have a good return for their labor: if either of them falls down, one can help the other up.” Ecclesiastes 4:9-10 (NIV)

3. Release your grip on hurt

“Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.” Hebrews 12:15 (NLT)

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4: 31-32 (NIV)

To forgive is to set a prisoner free and discover that the prisoner was you.
-Lewis B Smedes