



Week 3-“Hurt? What Hurt?”

When a seed of hurt lands in our hearts it germinates and grows deep in our hearts. Hurt left unexamined has the potential to grow and impact how we see people and how we live our life. In this week’s message we look at the three stages of forgiveness and discover that forgiving isn’t a superficial thing we do, but a deep journey we can take in order to truly find the healing that Jesus wants to give us.

1. In week 2 of “Hurt” Justin wrapped up the message by encouraging us to examine our hearts by asking three questions:

- What seeds of hurt have landed on my heart?
- Where am I still angry?
- What do I need to forgive?

Did you find time during the week to do this, and if so what was this like for you?

Read Isaiah 61:1-3

2. Being hurt has repercussions that we can feel for a long time after the hurt takes place. What do you tend to do in order to not feel the pain of the hurt?

3. Do you ever feel confused after you have forgiven someone because you still feel the pain of the hurt? Why do you think this is?

4. Discuss the idea that we short circuit healing when we don't understand the depth of the hurt.

In the message Justin shared the first three stages of forgiveness that his counselor said helps us best understand true forgiveness:

- 1. Identify what really needs to be forgiven.**
- 2. Acknowledge our need for retribution.**
- 3. Acknowledge that what they pay will never be enough.**

5. How do you think listing out the repercussions of your hurt will help in your journey of forgiveness? Here are some questions to help you do this:

- What happened to me?
- How did it make me feel?
- What did it make me feel about myself?
- What did it make me feel about other people and God?
- What harm did it bring me?
- What other repercussions were attached to the hurt (financial, relational, personal, internal, reputation)?

6. Discuss the idea that we need to acknowledge our need for vengeance instead of pretending that we don't desire justice. How do you see this being helpful in the healing process?

7. Do you think this is a difficult step to take in the journey of forgiveness? Why or why not?

8. How do you feel about acknowledging that no matter what the person who has hurt you pays it will never be enough? Can you see this as being a helpful step in forgiving the person that has hurt you?

This week let's sit with the deep seeded hurt and not rush ahead to the answer. We need to take the time to acknowledge our need for retribution, and acknowledge that the person who hurt us cannot repay the debt that is owed to us. When we open our hearts in this way we will be ready for the answer that Jesus made available to heal our hurt.

