



Week 8- “The Thorns of Hurt”

In this series we are asking the questions: Why do we not change sometimes? Why as Christians do we have a hard time growing and bearing the fruit that comes from the Gospel? We are discovering that all of us have weeds and thorns that get stuck in our hearts that are choking out the seed of the Gospel and the life and fruit in it. In this week’s message, we look at another primary thorn that gets stuck in our hearts that keeps us from the growth and change we desire.

1. What stood out to you from the message?
2. How would you answer the question: Why do I get angry?

Read Ephesians 4:26-32

3. Are you able to identify where you have been hurt by others?
4. Can you see how the hurts are impacting different aspects of your life and relationships?
5. Why is self awareness around the thorns of hurt important?
6. What does it practically look like to invite the Holy Spirit in to help you see what thorns of hurt are growing?
7. Is there a sense of fear around discovering deeper traumas that are there? If so, why do you feel afraid?
8. What would it mean to you to find freedom from the impacts of the hurts you feel?

9. When has forgiveness worked and when has it not?

10. What do you think it means to forgive through the weight of the cross?

11. Are you willing to go to these places with the Holy Spirit and how can this group encourage you?

In next week's message we explore what Christ centered forgiveness looks like and discover that forgiveness comes in different stages that we need to journey through. While we wait to hear what that can look like, will you take the time to invite the Holy Spirit in to help you see where you've been hurt and how it could be preventing the change you desire?