



Week 1- “Hurt Changes Who We Are”

All of us get hurt and it changes who we are. For some of us, the hurt has been massive and for some, the hurt has just been a normal part of life. The reality is that hurt defines us and impacts who we want to be. In this series, we will discover the hurt that has taken root in our hearts and how that hurt is impacting our relationships, our faith, and who we are. We will talk about how we can heal from the hurt that has defined us.

1. When you hear the word *hurt* what first comes to mind?
2. Discuss the reality that the hurt we experience changes us in big and small ways.
3. Hurt people hurt people. How have you been hurt by those who are hurting, and how have you hurt others based on your own pain?
4. Justin shared the analogy that hurt falls on our hearts like seeds. Hurt seeds can germinate and take root in ways that can impact our relationships, faith, and who we want to be. Why do you think it’s so hard to recognize the seeds of hurt that are taking root in your heart?
5. The reality is that most people are walking around with the repercussions of seeds that landed on their hearts years ago, and are still being impacted by that hurt years later. Can you look back on your own life and see evidence of this? Is it hard for you to forgive those that have hurt you? Why or why not?

Proverbs 4:23 says, “Above all else guard your heart for everything you do flows from it.”

6. What do you think it means to “guard your heart?”

7. The reality is, we are all being hurt in some way every single day. How do you think we can keep from letting that hurt choke out our peace?

8. Christianity teaches that Jesus is the Gardener of our hearts. He can help us navigate the hurt in our life so that we can heal from it. Is it hard for you to trust the work that Jesus wants to do in your heart to heal the hurt you have walked through? Why or why not?

9. What do you think would happen if you trust Jesus with the areas of your life that are the most painful?

None of us want to be defined by our hurt, so would you begin a journey to examine your heart by inviting Jesus into the painful hurt that you have experienced? Jesus wants to heal the hurt that has impacted your relationships and who you want to be. He is the Gardener of your heart.