



H U R T

Week 4- “The Only Way”

In this series we have been talking about the idea that true honest forgiveness has the potential to heal us from the hurt that so often defines us. In this week’s message, we look at what Christianity teaches about forgiveness and the real healing that can come when we choose to walk with God through it.

1. Were you able to find time this past week to acknowledge the way that hurt has impacted your life and your need for justice? Were you able to acknowledge that no matter what the person does who has hurt you they can never pay back what is owed to you? How are you feeling after sitting in that?
2. Justin suggested inviting someone in to walk with as you work through deep forgiveness. Do you have someone who is safe enough to share this with? If so, would you take the step this week to have a conversation with them?

Read Isaiah 53:3-6

3. Discuss the idea that Jesus has the ability to reach into our hearts and take the pain and suffering that hurt causes us.
4. Isaiah introduces the truth that God is not okay with someone hurting you. How does it make you feel to know that it makes God mad when someone sins against you?

Isaiah 53:5 says, “But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was on Him, and by His wounds we are healed.”

6. It might be easy to read that verse and insert your name into it, being the one who He died for. But what about the name of the person who has hurt you, how do you see them in this verse?

7. Do you think it is truly possible for you to have peace in your heart from the hurt that has defined you? Why or why not?

Once you have walked through stages 1-3:

- **Stage 1- Identify what really needs to be forgiven.**
- **Stage 2- Acknowledge our need for retribution.**
- **Stage 3- Acknowledge that no matter what the other person pays it will never be enough.**

Then we can walk through stages 4-6:

- **Stage 4- Accept that the death of Jesus is enough for the payment of the debt.**
- **Stage 5- Thank God for the payment for my sin and for theirs.**
- **Stage 6- Attribute to God the debt of the offense.**

8. Is it hard to accept that Jesus' death is enough to pay the debt that is owed to you?

9. Choosing to trust the debt of the offense to God is what brings true healing. Discuss this. How have you experienced this?

10. Why do you think it is so hard to trust that God is the only One that can fix the mess that the hurt caused?

11. Even if the person is truly sorry it still doesn't erase the pain, but resting in what Jesus did on the cross is what brings your heart peace. Discuss this. How does trusting God put your heart at rest?

12. Will you choose to rest and trust that what Jesus did is enough? *(It's ok if you have to choose trust over and over again.)*

John 19:30 says, "It is finished." This means that the debt was paid in full. Christianity teaches that sin requires punishment, and injustice requires retribution. When someone wrongs us we feel that they owe us, but Christianity teaches that the debt is paid in full. Jesus paid the debt for your sin and for the sins of the one who has wronged you. Will you choose this week to let God into

the places where weeds of hurt are growing, and trust that what He did on the cross is enough to heal you and bring you peace?