

Main Street Church - Life Group Guide

Series: Together for Good

Message 6: HOW DID WE GET HERE? Finding healing in the middle of hurt

Speaker: Kevin Fricker - Senior Associate Pastor

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Connect (30min)

1. Read [Matthew 20:17-19](#) & Open in Prayer.
2. How are you preparing and participating in Easter week this year?
> For *Good Friday* > For *Resurrection Sunday* > For *Fellowship with Family & Friends*
3. Who are you inviting and encouraging to join you? How can we pray for them?
*Take a few minutes in groups of 3-4 to Pray for one another and the people you shared.
4. **Icebreaker:**
"Who's more likely to..."
 - Forget something important
 - Start the argument
 - Apologize first
 - Be late
 - Leave clothes on the floor
 - Misplace their cell phone
 - Cry during a movie
 - Tell a cheesy joke

Main Idea

Most relationships don't fall apart all at once, they drift over time.

However, with intentional steps, healing and restoration are possible.

Discussion Questions (45min)

1. Understanding Relational Drift

"We didn't get here overnight... we got here one avoided conversation at a time."

- Where have you seen "drift" happen in relationships (marriage or otherwise)?
- What are some "small things" that often get ignored but create distance over time?
- Why do you think we tend to avoid dealing with issues?

Leader Tip: Keep this general at first. Let people warm up before getting personal.

2. Healing Begins with Honesty

- Read *Psalms 51* together as a group. What verse stands out to you and why?
- Why is honesty often the hardest first step in healing?

Optional deeper question:

What would it look like this week to say, "This is where I'm really at"?

3. Healing Continues with Forgiveness

- Read *Ephesians 4:31-32*
- Which of these stood out most to you and why?
 - Forgiveness is a decision
 - It's the beginning, not the end

- It's not pretending
- It sets YOU free
- Why is forgiveness so difficult in close relationships?
- How have you experienced the difference between *feeling like forgiving* and *choosing to forgive*?

Application: Is there someone you need to forgive, or begin the process of forgiving?

4. Healing Is Rebuilt Through Love in Action

- The message said: *"Most of us know how to get married, but we don't always know how to stay married."*
→ Where do you see that play out?
- Let's just throw out some ideas. What are some small, practical ways we can invest in a relationship this week? *Make it specific*

Leader Tip: Here are some ideas to get people talking:

- | | |
|-------------------|----------------------------|
| ● Date night | ● Write a note |
| ● Put phones away | ● Go for a walk |
| ● Pray together | ● Have a real conversation |

Okay, now out of those... what's *one* you could actually do this week?

5. Bring God Back to the Center

- What does it actually look like to have God at the center of a relationship?
- Why do we sometimes try to fix things **without** Him?
- How can inviting God into your relationship change things?

For couples: What's one way you could pursue God together this week?

6. Hope & Restoration

He heals the brokenhearted and binds up their wounds. - Psalm 147:3

- What words or phrases stand out to you in this verse?
- Why might healing take time instead of happening instantly?

Personal Reflection (2–3 min quiet)

Ask everyone to reflect silently:

- Where do I need honesty?
- Where do I need to choose forgiveness?
- What step of action do I need to take?
- How can I bring God back to the center?

PRAYER TIME (15min)

Option 1 (Group Prayer):

Pray for healing, restoration, and renewed connection in relationships.

Option 2 (Couples):

Invite couples to pray briefly together.

Option 3 (Leader Prayer):

Close by praying: For honesty, forgiveness, a renewed effort, For God to be at the center

FYI

>> Share **announcements** and confirm plans for your next Life Group meeting.

- **Easter Weekend.** Good Friday - April 3. Easter Sunday - April 5. mainstreetchurch.ca/easterweekend
- **Partnership Class.** Sunday, April 12. 6pm. mainstreetchurch.ca/growthtrack
- **Set Free Retreat.** April 17-18. mainstreetchurch.ca/set-free
- **Hearing God Workshop.** Sundays, April 19-May17. mainstreetchurch.ca/hearing-god