

Hurts: 1-27-10

D-Group Discussion: Date

Message Discussion:

1. Do you have any questions or comments after hearing the message tonight?
2. Read John 16:33. Jesus says that we WILL have trouble in this world.

Application/Commitment:

*PLEASE be respectful of others for the next few minutes. Even if you do not feel like you have anything to contribute to the discussion right now, others may have something very real that they need to share. Please listen carefully and considerately to what they have to say.

1. Identify and discuss one main soul hurt that you have experienced in your life.
2. Which category(ies) does that hurt come from (Others, self, just life, God, don't know)?
3. Do you feel like you are still living with that hurt, or has God brought you through it?
4. What, if anything, do you feel you should do with that hurt right now?
5. Read Matthew 11: 28-30, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."
6. What would it feel like to have rest for your soul? Look at the verse again and discuss what is required to have that rest.
7. Discuss what you think are the main soul hurts from the people around you.
8. Which category(ies) do those hurts come from (Others, self, just life, God, don't know)?
9. Discuss what you can do to help carry the burdens of those who are hurting around you.
10. Read I Thessalonians 5:16-18. "Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." Discuss how this could be possible with so much hurt in the world.
11. Do you feel that you are holding on to any hurt in your life that God wants to take away?

Pray Together:

Finish with the Serenity Prayer: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."