

Connection Group Discussion for 11/8/2020

How to Heal Week 1: Be Hurt

The Big Idea: God makes it very clear through scripture that we are going to face things in this world that we would rather not. We get hurt, we suffer pain, trial, and sorrow. But the reality of that has a purpose, the purpose is that we would learn to rely on God and to depend on him for rescue and healing.

Discussion Questions

2 Corinthians 1:3-11

1. What does it mean to be hurt? What does it mean to be comforted? Can comfort exist without hurt?
2. Jesus never said following him would be easy. Yet, when life gets hard, we often feel like we're doing something wrong? Why is that?
3. According to verses 3-7, what are we to do with the comfort we receive from God?
4. What is needed for us to patiently endure suffering? (v6)
5. Most people, even unbelievers, agree with Scripture that in order to deal with hurt, you must admit it. So why is it so hard? Why is it hard to admit hurt at church or with church family?
6. Paul was under great pressure beyond his ability to endure. Why did he say this happened?
7. Ask God to reveal any hurts in your life... maybe hurt you've set aside and forgotten about. Maybe an obvious, glaring hurt.

Challenge: Admit your hurt to yourself. Admit your hurt to God. Admit your hurt to another person.