

## Lesson 4: Bringing our pain to the Cross

### Objectives:

- Identify our heart wounds and share them with another person
- Discuss how Jesus died to heal our wounds as well as forgive our sins
- Bring our pain to the cross of Jesus and help others do the same

### Section 1: Story

Jesus sets a woman free – Read story from Mark 5:25-34

- 1) How would you describe this woman?
- 2) What happened when she touched Jesus?
- 3) Why do you think Jesus did not just let her disappear into the crowd?
- 4) How did she think Jesus would respond to her when she told the whole truth of her story? How did he respond?

In small group of 2 or 3: ASK – Have you ever felt ashamed of your story? How do you think Jesus would respond if you told him the whole truth of your story?

### Section 2: Identify the wounds of your heart

We are taught in Scripture that Jesus came not only to bear our sins but also to bear our pain and heal us. Read - Matthew 8:17, quoting Isaiah 53:4. Jesus felt the full burden of human pain and sinfulness. He knows the pain that is in our hearts, and we need to bring our pain to him so he can heal us. Read Luke 4:18-21. Consider reading other scriptures: 2 Corinthians 4:16 - 18, Ephesians 1:17 - 18, Hebrews 12:1 - 3.

**Take Time Alone** – to reflect on pain(s) you want to bring to Jesus for healing. Write these pains on small pieces of paper. Reflect on the Scriptures above and/or listen to meaningful songs, like “In Christ Alone,” “When I survey the wondrous cross,” or “It is well with my soul.” Suggestions from participants: 1) review important relationships within past and current contacts or communities; 2) consider drawing a cross on a paper and listening to the Holy Spirit for losses, grief, or pain; 3) draw your timeline and reflect on experiences from the past when you were hurt or you hurt someone else.

**Next important step** – share these pains with another person, as little or as much as you feel you can. Or consider sharing what the experience was like in writing these painful experiences or losses on paper. Pray for each other.

### Section 3: Bring your pain to Jesus

Jesus said, “Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest” (Matthew 11:28-29). **When you are ready**, take these papers to the cross – either nail them to the cross or put them in a metal container and burn them to ashes (or write them on dissolvable paper). This symbolic action can help us move on in the journey of healing. This is not magic. It is something we do with our whole body that helps our heart and mind understand that we are asking Jesus to take our pain.

Closing – Read Isaiah 61:1-4 and Revelation 21:1-5. Sing a quiet song – like “Beneath the Cross of Jesus.”  
Prayer to close.

\*\*\* Since this process is hard work and takes a lot of emotional energy, we encourage you to take good care of yourselves during and after this process.

**TRAUMA HEALING** ([TraumaHealingInstitute.org](http://TraumaHealingInstitute.org) website)

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Healing Group

Initial Equipping

Advanced Equipping

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**Lessons available other than the core lessons:**

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- Domestic Abuse
- Suicide
- Addictions
- Moral Injury
- Care for the Caregiver
- Conflict
- Trouble
- COVID