



Small Group Curriculum

Topic: **GOD'S ANTIDOTE TO HURTING**

Psalm 23:3a (AMP) He refreshes and restores my soul (life).

Because we live in an imperfect world, we are going to be hurt. People will hurt us, sometimes accidentally, sometimes intentionally and sometimes unintentionally.

DON'T HIDE YOUR HURT

Ignoring our hurt never heals it but only buries it.

Eventually, the effects of that hurt will resurface somewhere else in our behaviour or attitude towards others or ourselves.

People are good at camouflaging their hurt.

When we share our hurt, that's the starting process for getting over it.

As long as we hold onto it, we can't work through it.

FOLLOW JESUS' EXAMPLE

Luke 23:34 (NIV) "Father, forgive them, for they do not know what they are doing."

Jesus' cry of forgiveness declares that no one is beyond the reach of His forgiveness. Including;

- Judas who betrayed Him, and the Jewish leaders who had Him falsely arrested.
- The crowd who yelled, "*Crucify him! Crucify him!*"
- Pilate who declared Jesus innocent yet handed Him over to be crucified.
- The soldiers who whipped and beat Him and nailed Him to the cross.

Getting even never works. It only keeps the hurt alive. There's only one way you'll ever get the relief and that is through forgiveness.

Colossians 3:13 (TLB) Be gentle and ready to forgive; never hold grudges. Remember, the Lord forgave you, so you must forgive others.

Forgiveness means giving my hurt to God and to trust God to handle the situation.

Why should we forgive?

- God's forgiven us and He wants us to forgive others.
- Forgiveness releases us from the offence.
- Resentment makes us miserable.

The longer we try to get even, the longer we'll hurt.

LET JESUS HEAL YOUR WOUNDS

Psalm 147:3 (TLB) He heals the brokenhearted, binding up their wounds.

Forgiveness is instant but restoration takes time.

Romans 15:13 (TLB) So I pray for you Gentiles that God who gives you hope will keep you happy and full of peace as you believe in Him. I pray that God will help you overflow with hope in Him through the Holy Spirit's power within you.

The Holy Spirit is the great soother.

He reaches in and repairs, replenishes and restores our soul with;

HOPE

Romans 15:13a (TLB) So I pray for you Gentiles that God who gives you hope...

LOVE

1 Thessalonians 3:12 (TLB) And may the Lord make your love to grow and overflow to each other and to everyone else, just as our love does toward you.

JOY

John 16:24 (NIV) You haven't tried this before, but begin now. Ask, using My Name, and you will receive, and your cup of joy will overflow.

Group Discussion

1. Discuss the teaching notes on God's Antidote to Hurting.
2. Forgiveness is instant. But restoration takes time. Discuss the process of restoration as a group.

3. Share a Scripture that brings you comfort in difficult times, encouraging you to trust the Lord.

4. Share an experience with your group of a time when you were hurt and how you put your trust in God to help you work through that hurt.

Group Prayer / Needs

1. Are there any prayer requests from group members that can be prayed for before closing?

2. Are there any needs that the group can help each other with? (*Discuss*)