

I'M BROKEN

HOW TO HEAL HIDDEN PAIN

Dr. Jason Burns
Wk:5

General:

- Pastor Jason said, "If you have the wrong information, you'll have the wrong perspective." Where have you seen your perspective of a person or situation change once you learned more of the story?
- Re-read Mt. 11:28-29 in *The Message*. What stands out to you about Jesus' invitation? How closely does the life He describes resemble the way you are currently living?
- Reflect on the last few days. Where have you found yourself becoming offended, irritated, resentful, or defensive? What triggered it?
- The sermon's Big Idea: "Holding on to an offense never hurts your offender. It just lets them keep hurting you." What have you seen prolonged offense do to a person's thoughts, emotions, or relationships?
- What do you imagine an "unoffendable" life would actually look like? How is being unoffendable different from simply ignoring hurt or pretending something didn't happen?
- Pastor Jason listed several toxic emotions that can come from offense. Which one are you most prone to hold onto? What effect does it have on you and the people around you?
- In Gen. 3:9, shame caused Adam and Eve to hide from God. When you experience shame, hurt, or offense, where are you most tempted to hide? What might it look like to move toward God instead?
- Offense was defined as: "an anger or resentment brought on by a perceived insult, indignity, or injustice." Why do you think offense can take root so quickly (even when we may not fully understand another person's intentions)?
- Pastor Jason said, "Holding on keeps us from moving on." Is there an offense you have continued carrying long after the moment itself passed? What makes it difficult to release?
- How easy is it for you to forgive when you're offended? What makes forgiveness especially difficult when you believe the hurt or injustice against you was real?
- Pastor Jason listed what forgiveness is not (minimizing, reconciliation, forgetting, feelings, etc.). How does understanding what forgiveness isn't change the way you think about forgiving someone?
- In Mt. 18:21-35, Jesus teaches about forgiveness and tells the parable of the unforgiving servant. How should remembering the magnitude of what God has forgiven us change the way we respond when others hurt us?
- Anne Lamott famously compared unforgiveness to drinking poison and hoping the other person dies. How can unforgiveness continue harming us (even when the person who offended us is no longer present)?

Take Home 1: Pray for them (Mt. 5:43-44)

- Jesus doesn't only say to forgive enemies; He says to pray for them. What makes praying for someone who has hurt you so difficult?
- Pastor Jason said, "When you pray for someone, it either changes them or it changes you." How might regularly praying for someone who offended you begin changing your heart toward them?
- Who is one person you need to begin praying for by name this week, and what could you genuinely ask God to do in their life?

Take Home 2: Bless them (Lk. 6:27-28, Rom. 12:14)

- When you've been hurt by someone, what do your words about that person tend to sound like? (Building up? Tearing down? Speaking life? Complaining?)
- Think of someone who has offended you recently. What would it practically look like to use your words to bless that person this week (even if you don't feel like it)?

Take Home 3: Do good to them (Eph. 4:31-32)

- Pastor Jason explained that doing good to someone who offended us may have less to do with changing them and more to do with freeing us from the offense. What act of kindness or goodness could help you loosen your grip on an offense you're carrying?
- "Forgiven people forgive people." How would remembering how generously Christ has forgiven you change the way you respond to someone who has hurt you?
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