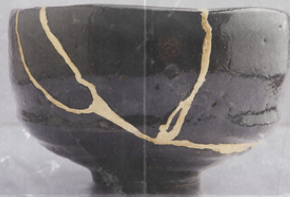


SERMON WEEK 2

DISCUSSION GUIDE

BUILT WHEN BROKEN

A reminder of where we've come from and where we're headed.



Real Life

One-Minute Recap

When we are in a season of pain, we can get to the point where we excuse our behavior, or we start to accuse others. Neither of these responses deals with our pain at the root or puts us in a position to heal. **It is essential to own and accept the places where our pain comes from so we can move towards positive change.**

Q + A

1

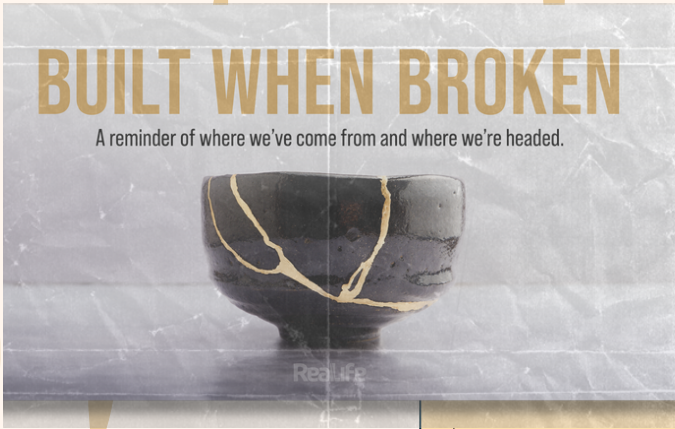
Pain usually stems from a crisis, a confrontation, or a catastrophe. Which one resonates with you the most?

KEY

crisis- something resurfaces that you've tried to shove down
confrontation - someone confronted you about a problem they have with you
catastrophe - something terrible occurred

LEARN

READ VERSES OUTLOUD



You **keep track** of all my sorrows.
You **have collected** all my tears
in your bottle.
You **have recorded** each one in
your book.

Psalms 56:8

He **redeems me** from death
and **crowns me** with love and tender
mercies. He **fills my life** with good
things.

The Lord is **like a father** to his children,
tender and compassionate to those
who fear him. For he knows how weak
we are; **he remembers** we are only
dust. (Ps. 103:4-5, 13-14)

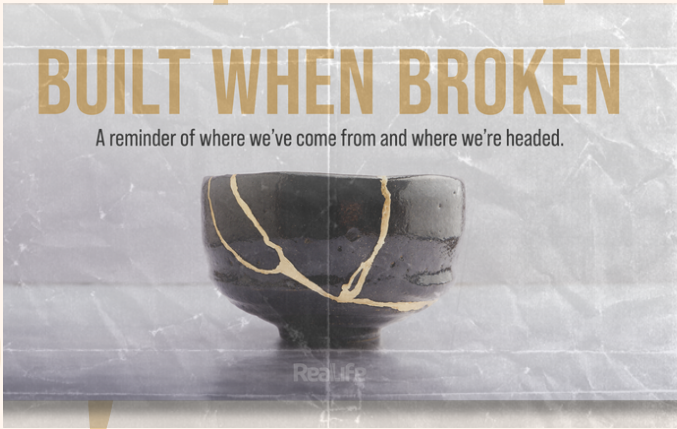
➤ The Bible tells us that
God cares deeply about
our pain. - *Why do you
think this is often doubted
or debated by someone
who doesn't believe in a
loving God?*

➤ This passage says that God
is actively involved in our
lives in really good ways.

*When you read about God
being described as a tender
and compassionate Father,
who remembers our
weaknesses, what is your
response?*

FOLLOW

practice expressing pain



When the cracks in your life start showing, healing can begin.

Grief - is to *experience* loss

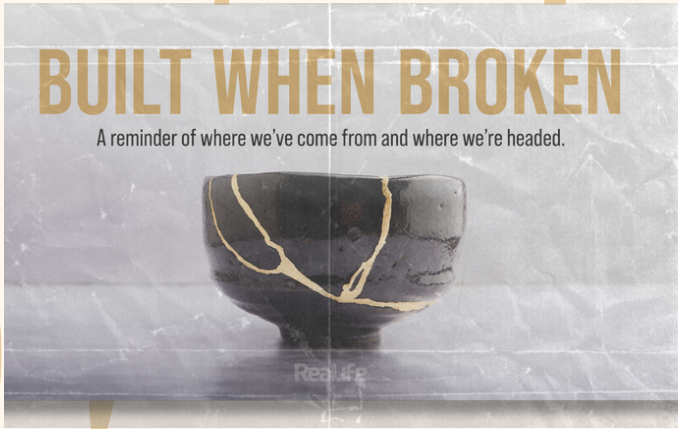
Mourning - is to *express* that loss

What is a big or small grief that you have experienced in life?

How did you express the pain you felt surrounding that experience?

ENGAGE

serve each other



Close your time by reading Psalm 56:8-14 over each other:

- 8 The Lord is compassionate and merciful,
slow to get angry and filled with unfailing love.
- 9 He will not constantly accuse us,
nor remain angry forever.
- 10 He does not punish us for all our sins;
he does not deal harshly with us, as we deserve.
- 11 For his unfailing love toward those who fear him
is as great as the height of the heavens above the earth.
- 12 He has removed our sins as far from us
as the east is from the west.
- 13 The Lord is like a father to his children,
tender and compassionate to those who fear him.
- 14 For he knows how weak we are;
he remembers we are only dust.

Pray for Comfort + Stay Connected

- *Ask someone to volunteer to pray for the pain shared in the room.*
- *Everyone is invited to check-in throughout the week with each other about what was shared.*