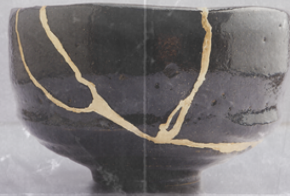


SERMON WEEK 1

DISCUSSION GUIDE

BUILT WHEN BROKEN

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



Real life

One-Minute Recap

Life hurts. And sometimes things are tough. Where is God in times like these? Does that even matter? Pain can keep us from living the life we were made for. Pain isn't the problem, necessarily, but it is one of the reasons we struggle to move forward in relationships and our faith. Let's chat more.

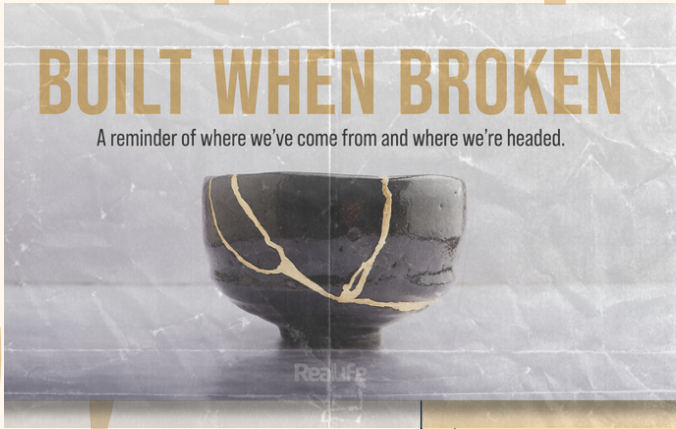
Q + A

1 How quick are you to share how you are *really* doing? Why is that?

2 How have you seen hard times in life affect your relationships with others or with God?

LEARN

READ VERSES OUTLOUD



I have told you all this so that you may **have peace in me**. Here on earth **you will have many trials and sorrows**, but take heart, because **I have overcome the world**.

John 16:33

We felt we were doomed to die and **saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God**, who alone could save us, for He can even raise the dead.
2 Corinthians 2:9

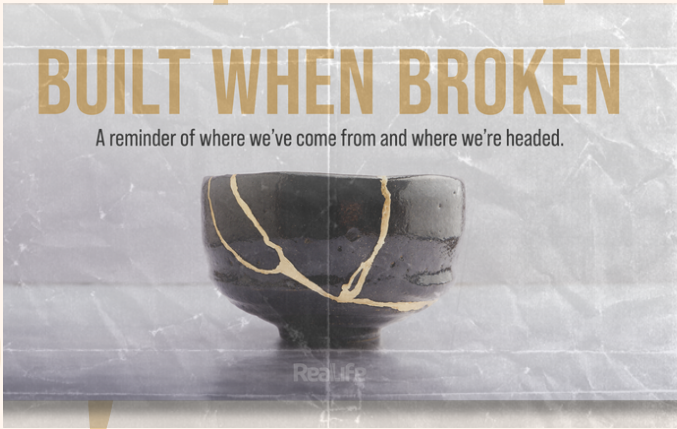
➤ The Bible is honest about pain in this life and doesn't sugarcoat that life has "trials and sorrows." - *why do you think we want to ignore our pain instead of addressing it?*

➤ This passage says that when we reach the end of ourselves, it is for "our good" because we are more likely to put all things into God's hands.

Have you ever reached that point before? What did that look like?

FOLLOW

practice naming pain



When we ignore pain in our lives, a few things can be produced:

FEAR - an inability to move forward

FRUSTRATION - regular and repeated emotional outbursts

FATIGUE - physical and emotional exhaustion

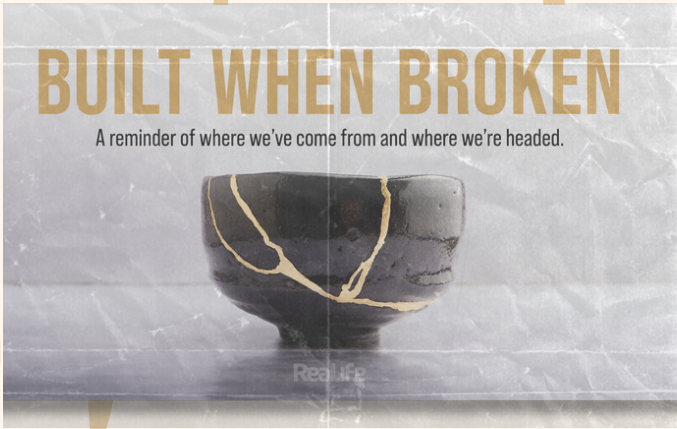
FAILURE - the desire to give up

Take a moment to name something, big or little, that is causing you pain.

Which of the above outcomes do you experience most because of it?

ENGAGE

serve each other



Close your time by reading Psalm 46:1-5 over each other:

God is our refuge and strength,
A very ready help in trouble.
Therefore we will not fear, though the earth shakes
And the mountains slip into the heart of the [d]sea;
Though its waters roar and foam,
Though the mountains quake at its swelling pride.
There is a river whose streams make the city of God happy,
The holy dwelling places of the Most High.
God is in the midst of her, she will not be moved;
God will help her when morning dawns.

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.*