

TALK IT OVER

MASQUERADE HIDING YOUR HURT - WEEK 5

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions and scriptures are designed to help you take the next step. If you are leading a group through this guide, don't feel like you have to answer every question. Pick out the questions that will stir up conversation and action among your group.

- How do you typically respond to painful circumstances?

With your Bible or YouVersion, read 2 Corinthians 1:3-4.

These verses tell us there is hope for our hurts because God heals us through His presence and His people.

- What hurts are you currently concealing?
- Why do we so often keep our hurts concealed from God and others?
- What are some of the dangers when we keep our hurts concealed?
- Have any people been helpful in healing your hurts? If so, what do these people mean to you?

Read Psalm 62:5-8, Psalm 34:18, and 2 Kings 20:1-5.

These verses talk about God's ability to heal us.

- How have you experienced God's healing?
- In what ways do you experience God's presence? How does it feel to be in His presence?
- Describe a time when God was a source of hope during a difficult time. How did that experience impact your relationship with Him?
- How can you rely more on God during difficult circumstances?

NEXT STEPS

Here are some specific things you can do this week to help you stop hiding your hurt and allow God to heal you through His presence and through His people:

One of the ways God heals our hurts is through His presence. We can best experience His presence by spending time with Him. If you are hurting, commit to spending time with God. Tell Him about your hurt. Share your heart with Him. Ask Him to change what you cannot change and heal what you cannot fix. During your time with God, you might consider reading the following passages of scripture that show us how our hurts matter to God. His presence is our source of hope and healing: Isaiah 53:5, Psalm 147:3, Psalm 91:1-2, Psalm 23 and Romans 8:38-39.

God also heals our hurts through other people. If you are holding onto concealed hurts, commit to sharing them with someone else this week. You might share them with a family member, a friend or a pastor. Allow God to speak through other people so you can begin the healing process. The most important thing to remember is to be open and honest with trusted others as you talk it over.

Talk It Over with God:

- Share your concealed hurts with God. Ask Him to deliver you from the pain.
- Thank God for the people He has placed in your life who have helped you heal from your hurts.
- Ask God to help you experience His presence in a deeper way. Commit to spending time with Him, allowing Him to lead you to a place of healing.
- Pray for those you know who are hurting. Ask God to bring healing to them.
- Tell God what His healing in your life has meant to you.

On the next page you will find scripture cards that go along with this weekend's message. These are great to cut out and carry with you to remind you of God's word. The cards can be printed using Avery #32030 business cards or by simply printing them on regular cardstock and cutting them out by hand.

