

Where's the Love

Small Group Questions: Part 4: How Do I Love After I've Been Hurt

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Read

Luke 17:1; 2 Samuel 10:1–5; Romans 12:19; Colossians 3:12–14; and James 5:16

Reflect

When the king of the Ammonites dies, David sends a delegation in a show of kindness to the king's son, Hanun, who succeeds him. But Hanun's commanders convince the new king that David's delegation is there to spy on and overthrow him. So Hanun has the beards of every man in the delegation half shaved and cuts their clothes at the buttocks, disgracing and shaming them. How do Hanun's actions lead to his downfall? When have you assigned wrong motives to someone?

Pastor Josh Surratt highlights several ways you can love like you've never been hurt:

1. Give myself permission to not be okay.
 - a. When you're in pain, how do you tend to process it? Do you push it aside and move on, hide it, numb it, or deal with it? Explain.
 - b. When have you not allowed yourself time to heal and made things worse?
 - c. What are some things causing you pain right now?
2. Settle into a sweet place.
 - a. Describe what a healing environment looks like to you.
 - b. In the Bible, Marah is a place of bitterness, and Jericho, a sweet place. When in pain, what environment do you gravitate toward?
3. Surround myself with people who will help me heal.
 - a. How willing are you to be vulnerable and transparent with those who care about you?
 - b. Why is there such power in sharing our testimonies?
 - i. When has someone's story of healing helped you?
 - c. How has God spoken to you through others?
 - d. When have you needed the support of others and not had it?
 - e. When have you needed the support of others and received it? How did it help you heal?
 - f. Do you have a supportive community right now? What is your next step?
 - g. Are you taking your pain to God? Do you trust him with it? Explain.

Respond: Where is God leading you? How can your small group support you?