

# Small Group Study

## The Gift of Relationships: Recovering from Hurt

### Events Coming Up

**Alpha:** Alpha is a safe place to probe for answers to life's tough questions in a relaxed, non-threatening, no-pressure environment. At each meeting we will share a free meal, watch a brief video teaching, and then have the opportunity to meet in small discussion groups. Starts Tuesday, Feb. 9th (6:30-8:30pm). The first meal is from Cascone's so don't miss it. Childcare provided. Sign up online at vineyardkcnorth.com.

**Sharing Christ:** Starts Monday, Feb. 15th (6:30-8pm). Learn how to share Christ with all kinds of people--from the Muslim to the Agnostic, from the Asian to the Hispanic--just about anyone you'll ever meet. Childcare provided. Sign up online at vineyardkcnorth.com.

**Celebration of Discipline:** Starts Thursday, Feb 18th (6:30-8pm). Start growing spiritually by learning the spiritual disciplines of prayer, fasting, study, meditation, etc. Childcare provided. Sign up online at vineyardkcnorth.com.

### Scripture

**Ephesians 4:25-27** *25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil.*

### Introduction

This week we are continuing our series, "The Gift of Relationships," and we are discussing today how to recover from being hurt.

First, we must fix ourselves **FIRST**. The Bible indicates that understanding ourselves is critical, and that when we ignore that fact, it can keep us from learning anything else. We can and must know ourselves better. It will help us gain perspective on the nature of all of our relationships and help move those relationships to a deeper level. Even when others fail us, understanding ourselves helps us to embrace forgiveness. You would want the same from one of your friends if they failed you, would you not?

**Luke 6: 41-42 (NLT):** *"And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying, 'Friend, let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye? Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye."*

Another thing to consider is that, at one time or another, we all will fail.

**Matthew 26: 31-35, 57-58, 69-75:** *31 On the way, Jesus told them, "Tonight all of you will desert me. For the Scriptures say, 'God will strike the Shepherd, and the sheep of the flock will be scattered.' 32 But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there." 33 Peter declared, "Even if everyone else deserts you, I will never desert you."*

**Ice Breakers:** Use the questions below to help people open up and to focus your meeting. It is very helpful to go around in a circle with the leader going first. (Remember if you have new members or guests you should take time to introduce everyone.)

1. What kinds of things make you angriest?
2. What is one area of your life in which you can honestly say you've worked to improve and have seen great results?
3. Who is one person who has hurt you that you have forgiven?

34 Jesus replied, "I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me."

35 "No!" Peter insisted. "Even if I have to die with you, I will never deny you!" And all the other disciples vowed the same.

57 Then the people who had arrested Jesus led him to the home of Caiaphas, the high priest, where the teachers of religious law and the elders had gathered. 58 Meanwhile, Peter followed him at a distance and came to the high priest's courtyard. He went in and sat with the guards and waited to see how it would all end.

Meanwhile, Peter was sitting outside in the courtyard. A servant girl came over and said to him, "You were one of those with Jesus the Galilean."

70 But Peter denied it in front of everyone. "I don't know what you're talking about," he said.

71 Later, out by the gate, another servant girl noticed him and said to those standing around, "This man was with Jesus of Nazareth."

72 Again Peter denied it, this time with an oath. "I don't even know the man," he said.

73 A little later some of the other bystanders came over to Peter and said, "You must be one of them; we can tell by your Galilean accent."

74 Peter swore, "A curse on me if I'm lying—I don't know the man!" And immediately the rooster crowed.

75 Suddenly, Jesus' words flashed through Peter's mind: "Before the rooster crows, you will deny three times that you even know me." And he went away, weeping bitterly.

And finally, it is by the power of the cross that we can come to a place of forgiveness with someone who has hurt us. Jesus died for every sin—every sin we committed and every sin that was committed against us.

**Genesis 50:16-21:** 16 So they sent this message to Joseph: "Before your father died, he instructed us 17 to say to you: 'Please forgive your brothers for the great wrong they did to you—for their sin in treating you so cruelly.' So we, the servants of the God of your father, beg you to forgive our sin." When Joseph received the message, he broke down and wept. 18 Then his brothers came and threw themselves down before Joseph. "Look, we are your slaves!" they said.

19 But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you? 20 You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people. 21 No, don't be afraid. I will continue to take care of you and your children." So he reassured them by speaking kindly to them.

**Luke 23:34:** Jesus said, "Father, forgive them, for they don't know what they are doing." And the soldiers gambled for his clothes by throwing dice.

## Questions

1. Think of a time when your own actions were perhaps too hasty and you hurt someone. In particular, think of a time when you terribly misjudged someone. How did you misjudge them? Why? What did you learn from that experience?

2. How does the misjudgment of others relate to how we see ourselves? Does one relate to the other? How can we better "walk in their shoes?"

3. How do you react when a close friend fails you? How should we approach our friends and our family when we are let down?

4. How can we share our feelings in loving ways and take ownership of our own feelings instead of blaming the person who hurt us?

5. Once we've worked through our issues with someone, our anger is dealt with, and our wounds are somewhat healed, how can we then move forward together with that person? How can we seek a solution that's a win for both of us?