

## Been There

### When Past Hurts Still Hurt

# TALK IT OVER

#### Key Scriptures

*Then [Pontius Pilate] ... had Jesus flogged, and handed him over to be crucified. ... They stripped him and put a scarlet robe on him, and then twisted together a crown of thorns and set it on his head. They put a staff in his right hand. Then they knelt in front of him and mocked him. "Hail, king of the Jews!" they said. They spit on him, and took the staff and struck him on the head again and again. After they had mocked him, they took off the robe and put his own clothes on him. Then they led him away to crucify him. Matthew 27:26, 28-31 NIV*

*Jesus said, "Father, forgive them, for they do not know what they are doing." ... Luke 23:34 NIV*

*... be kind to each other ... forgiving one another, just as God through Christ has forgiven you. Ephesians 4:32 NLT*

*Surely he took up our pain and bore our suffering ... But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed. Isaiah 53:4-5 NIV*

#### Tips for This Week

If your LifeGroup is co-ed, consider splitting guys and girls into separate groups to create a safe space for everyone to share.

Remember that your role as a LifeGroup Leader is to listen with empathy, offer support and care, and always point people back to our true source of hope: Jesus.

Find more resources and encouragement: [www.life.church/gethelp](http://www.life.church/gethelp)

Start talking. Find a conversation starter for your group.

- When you think about a safe space to talk about hard things, what does that safe space look like?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- Practically, what does treating someone with care and respect look like?
- Read **Isaiah 53:4-5**. What stands out to you in this passage? How does it impact the way you view Jesus?

Start sharing. Choose a question to create openness.

- Have you or a family member or friend experienced abuse or other hurts that you need to process? Spend time listening to and caring for one another.
- Talk about some ways you can find healing. How would your life look different if you started to forgive people who have hurt you?

Start praying. Be bold and pray with power.

*Father, thank You for being with us in every part of our lives. Please help us to be honest about any abuse or hurts we've experienced so we can find healing. Thank You for showing us what forgiveness looks like, even when it's hard. Help us as we choose freedom and healing. In Jesus' name, amen.*

Start doing. Commit to a step and live it out this week.

- [Spend time praying each day this week for healing for yourself and those in your LifeGroup.](#)
- [If you or someone in your group is currently in an abusive situation, call 1-800-799-7233 or visit \[www.thehotline.org/\]\(http://www.thehotline.org/\) to start a free, confidential chat with someone who can help.](#)
- Start the *Jesus Can Relate* Bible Plan using Plans With Friends: [www.go2.lc/beenthere](http://www.go2.lc/beenthere)
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.