



Making a choice to heal

Small Group Questions

1. Read 2 Corinthians 5:19. How can you be a part of God's ministry of reconciliation?



“There is no such thing as a pain free life. Pain is inevitable and universal”

2. God says He will transform your pain and bring meaning and purpose to it. How does this help you deal with pain and the reality of it?



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3. Read Matthew 6:21-28. Jesus explains that pain is part of His process. How does this passage give us instruction on what we should expect and how we should react to pain?
4. Are there some specific areas that you need help healing in? What are the first steps to begin this healing process?
5. How is forgiveness a part of healing? Why is it so difficult? How can we begin to forgive in situations that are prohibiting healing?



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6. How can you use your hurt and pain to help and comfort others? Be specific.

“Your greatest ministry will flow out of your pain”

7. Being honest about our pain and hurt is often difficult. Why is this? How can we get past difficulty in order to move forward?

8. How can sharing your feelings, faults, frustrations, fears and failures make you a better witness to others

Take-Aways

- 1. We all have pain. We can not escape it***
- 2. We can choose to use our pain for good and ministry***
- 3. Sometimes God uses pain to get our attention***
- 4. Be authentic and real about your pain***