

Growth Group Discussion Guide

Go to concorddallas.org to join a small group and learn more.

Read John 4:4-30. The pain of the past. Is there something in your past that you are ashamed of? Have you asked God for forgiveness? Have you forgiven yourself? How did Jesus respond to the woman at the well? Did he judge her? How do you think Jesus will respond to you when you bring your past before him? Will you allow your past to determine your future? Is there any sin too great for God to forgive? What step can you take today to release the chains of the past and walk into the future God has prepared for you? Will you share your story?

Read I Genesis 29:31-35. The pain of rejection. Leah was rejected by her father and her husband. Have you ever felt the pain of rejection? Why is it so hard to accept when someone shows us that they do not want us? Why do we settle by giving so much while receiving little in return? What are the consequences of staying in a situation where we have been rejected? How important is it for a woman to feel loved and wanted? What are some steps we can take to overcome the pain of rejection? Who can we turn to for strength to move forward after rejection?

Read II Samuel 1:1-17. The pain of infertility. Hannah wanted to conceive a child, but could not. Is there something in your life that you have been asking God for, but He has not given it to you? Is what you desire beneficial to the Kingdom of God? Or do you want *it* for selfish reasons? What are your motivations? Are you comparing yourself with someone else? Are you in competition with someone else? Will you be like Hannah and use *it* to bring God Glory? Can God trust you with what you are asking Him for? Are you ready for what you are asking for? What action can you take today to prepare for God to provide the increase in your life?

Read II Samuel 13:1-18. The pain of abuse. Amnon raped Tamar. Have you been abused or known someone who has been abused? Do you believe abuse can be physical and emotional? What effect does abuse have on a person's self-esteem? Why do some people feel that they are responsible for or the cause of their own abuse? What are some steps a person can take to address an abusive situation? How can abuse affect other relationships in a person's life? How might God use others to help a person heal from the pain of abuse? If you know someone in an abusive situation, what can you do to show God's love in the situation?

Taking It Home: How Will I Apply It: Identify at least one pain in your life that you have been struggling to overcome and begin praying for God to heal your heart? Ask God to help you to use your pain for His purposes. You may need someone to hold you accountable to ensure that you take the necessary steps. Share this with a trusted friend and watch God heal you. God wants to heal you where you hurt.

VICTORIOUS SECRETS SERIES

"A Woman and Her Wounds"

*"He heals the brokenhearted and binds up their wounds."
Psalm 147:3*

1. My healing begins with **FACING MY PAIN.**
 - a) Acknowledge the **HURT.**(John 8:32)
 - b) **RECOUNT** the Incident. (Neh 2:11-18, 2 Sam 13:1-22)
 - c) Express the **FEELING.** (Matt 5:4)
 - d) Establish **RESPONSIBILITY.** (Josh 7)
2. My wounds of the past will **SHOW UP IN MY PRESENT.** (John 4)
 - a) Look at your life for **CURRENT PROBLEMS.**
 - b) Allow others to observe your **BLIND SPOTS.** (Heb 10:24-25)
3. My wounds are healed by **FOLLOWING GOD'S PLAN.**
 - a) **FORGIVENESS.**(Eph 4:32, Mark 11:25)
 - b) **CONFRONTATION/RECONCILIATION.**(Matt 18:15-17)
 - c) **REBUILD SELF IMAGE.**
 - d) **FIND HEALTHY MODELS.**(1 Cor 12:12-26)
 - e) Become a **WOUNDED HEALER.** (2 Cor 1:3-7)

*For additional assistance, please contact:
Harmony Counseling Center
214-751-3932 ext 3*

