

# Help, I'm Hurting!



## Questions

1. What illustration, story or scripture had the greatest impact on you this week?
2. Chad told the story of running through the streets of Pasadena believing that he was part of a police chase. Describe a time when you made up a story in your head about what was going on around you, but it ended up not being true.
3. Psalm 34:18 reminds us that God is near to the brokenhearted. When have you experienced this truth in your life?
4. When life doesn't go our way and we experience hurt and pain we can choose to become angry with God or we can choose to draw near to God. Which of those responses are you more likely to choose? Why?
5. Read John 11:1-44. What stands out to you from this passage? What do you learn about Jesus in this passage? What do you learn about mankind?
6. In John 11:3, we're told that Mary and Martha send a message to Jesus regarding Lazarus that says, "Lord, your dear friend is very sick." Why do you think they didn't specifically ask Jesus to come and heal Lazarus?

## Scripture References

Psalm 34:18; John 11:1-44

## Takeaways

- When hurt draws you closer to God, you get to experience His presence and see His power.
- Don't let your hurt hold you back from running to Jesus.
- Let the hurt remind you that God is close and moving in your life.

## Weekly Action Step

Think of the worst hurt you've gone through in your life. How did God work in your life to get you through it? Write it down and put it in a drawer, and next time you're going through a season of hurt, pull it out and remind yourself that God stays close to us in times of hurt.