



When Past Hurts Still Hurt | Shawn Johnson | 5.2.21  
Weekly Study

**S T A R T**

To get things started, go around the circle and answer the following question:

**What was your favorite meal you've ever had? Where was it? What did you eat? Who were you with? Why was it so amazing?**

**S H A R E**

Welcome back to Group! This week, Shawn gave a powerful message about how to heal from our past. Before we dive into the sermon, take some time to check in with your Group by answering these questions.

**Give your week a letter grade. Why did you grade it that way?**

**What was the most challenging part of your week?**

**What was the highlight of your week?**

**Who is one person you feel like you need to reconnect with?**

**G R O W**

**Read Genesis 50:15-21**

**What do you know about the story of Joseph? What happened leading up to this conversation?**

The Book of Genesis ends with a long story about a man named Joseph. Joseph lived a crazy life. At a young age, his brothers beat him and sold him into slavery. But through a long series of events, he ended up being a leader who saved many people's lives.

In the passage you just read, Joseph's brothers are bowing before him, begging for food. If you were in Joseph's shoes, how would you respond? Would you make them pay for the hardship they caused you? Most people would be tempted to hold their sins against them, but that's not what Joseph does. Instead he says, "Don't be afraid. Am I in the place of God? You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives" (Genesis 50:19-20).

That passage is such a powerful reminder of the peace we can experience when we trust that God is in control. People are always going to try to hurt us, wrong us, or take what isn't ours. We get to decide how to respond to the pain in our past. Are we going to let it control us or are we going to let it go?

**What can we learn from Joseph about the power of forgiveness?**

**What does this story teach us about learning how to trust God?**

M O V E

**Read Ephesians 4:31-32**

**What do you know about this passage? Who is writing it? Who are they writing too?**

**Which one word stuck out to you the most in this passage? Why?**

Holding onto bitterness and anger isn't good for us. The better we get at forgiving, the healthier we will be. However, forgiving doesn't always mean forgetting. If someone did something to harm you, it may not be wise to let them right back into your life as if nothing happened. For example, if someone crashed your car, you can forgive them, but that doesn't

mean you need to trust them with your car again tomorrow. We don't have to forget, but we do need to learn to let go of our bitterness.

The church in Ephesus was a group of imperfect people pursuing a perfect God. Which means, like every other church, there was relational drama and hardship. That's why Paul pleads with them to: "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you" (Ephesians 4:31-32).

**Is it easy for you to forgive? Or do you find yourself holding onto to bitterness? Why do you think that is?**

Paul tells you to forgive other people "just as in Christ God forgave you" (Ephesians 4:32). How does remembering what Jesus did for us impact our ability to forgive others?

Forgiving isn't always easy, but it is always worth it. This week Shawn gave us three steps for forgiving:

1. Face It: You can't move on if you don't acknowledge your pain.
2. Feel It: You can't move on if you don't process the emotions.
3. Forgive It: You can't move on if you don't let it go.

Let's take some time to practice going through those three steps together as a Group by answering the following questions.

### **Face It**

**Who is one person who has hurt you in the past? What was one specific event where they wronged you? Face it by telling the Group about the experience and share any details you feel comfortable sharing.**

### **Feel It**

**Now that you are thinking back on that moment, how do you feel? Name three emotions that are coming up:**

- 1.
- 2.

3.

### Forgive It

What does it look like to get rid of all your bitterness and anger toward that person? How can you let them off the hook?

### P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

### T O G O

*This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself*

- Matthew 22:38-39