

**YOU WILL**

You will experience \_\_\_\_\_, and they will lead to \_\_\_\_\_ and \_\_\_\_\_.

**IT'S UP TO YOU**

1. You will get \_\_\_\_\_.
2. When you're hurt, you will be tempted to shift your \_\_\_\_\_ away from \_\_\_\_\_ and away from \_\_\_\_\_.
3. Overcoming hurt completely depends on \_\_\_\_\_ to the pain.

**HOW TO RESPOND WHEN YOU'RE HURT BY SOMEONE...**

1. Refuse to \_\_\_\_\_ the person who hurt you.
2. Do not \_\_\_\_\_.
3. In cases of abuse, create \_\_\_\_\_ for safety.
4. Trust God to \_\_\_\_\_ and \_\_\_\_\_ them.
5. \_\_\_\_\_ them as \_\_\_\_\_ as God has forgiven you.

**HOW TO RESPOND WHEN YOU'RE HURT BY SOMEONE...**

1. Repent for your sin \_\_\_\_\_.
2. Confess your sin to \_\_\_\_\_.
3. Accept the \_\_\_\_\_ and take \_\_\_\_\_ for your actions.
4. Trust God with the \_\_\_\_\_.

**WHAT IS GOD SAYING TO ME TODAY?**

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**TALK IT OVER TOGETHER**

Here's how to process this week's message together with your friends and family!

**HERE ARE SOME QUESTIONS TO HELP YOU PROCESS THE MESSAGE:**

1. READ John 16:33. If we lived with this verse as a constant reality, how could it change conflict, pain, and hurt?
2. Why do we experience pain and difficulty?
3. What is the one factor that affects our ability to overcome hurt and pain?
4. During the message, Pastor Kevin lists out the different steps we need to take to overcome when we've been hurt by someone. Which of the steps is easiest for you? Which is the most challenging?
5. Also during the message, Pastor Kevin listed different steps we need to take to overcome when we've hurt someone else. Which of the steps is easiest for you? Which is the most challenging?

**TAKING THE NEXT STEP**

Overcoming pain and hurt is a very personal journey. Like all journeys, it starts with the next step. Use these questions to help take the next step....

1. Who do you need to forgive and give a RE-DO?
2. What do you need to do to forgive yourself?
3. Where have you lost focus?

**SCRIPTURES TO FOCUS ON THIS WEEK**

*"Therefore, confess your sins to one another and pray for one another, that you may be healed." James 5:16*

*"But I have trusted in your steadfast love; my heart shall rejoice in your salvation. I will sing to the Lord, because he has dealt bountifully with me." Psalm 13:5-6*