

NUMB

Facing our Fear of Feeling

Week Three | Happy Trees | 01.18-19.2020

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90 minute group gathering.

Message Recap: Many of us have been conditioned to bury our pain and pretend like we're good, but what happens when we dig beneath the pain and understand why we are hurting? This is where God can begin to work through the pain and provide real healing.

» Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
 - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
 - Remind your group that this is a confidential meeting
 - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

» Introduction (12 minutes)

- Ice-Breaker: Look up Bob Ross Paintings in your favorite search engine. Which one stands out to you? Why?
- Digging Deeper: How big is your emotional palette? What emotions do you turn to quickly?

» Observation | Read Psalm 34:18; John 11:32-44 (12 minutes)

- What are your initial reactions to these passages? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | Pain isn't the problem, it's the process. (12 minutes)

- What do we do with our pain?
- Mad, sad, glad - which one is your "go-to" emotion? What might be right underneath that you are really feeling?

» Are you inviting God into your pain? | Reference Psalm 34:18 (12 minutes)

- Our coping strategies often shield us from feeling hurt but God comes closer when we hurt. What pain or disappointment can you invite Him into?
- How does having God close to you in pain change the way you think about yours?

» Are you letting things that hurt you...sting? | Reference John 11:32-37 (12 minutes)

- If you believed God was with you in the toughest areas what relationships and areas of hurt would you let come to the surface?

» What does God want to bring back to life? | Reference John 11:38-44 (12 minutes)

- What are walled off areas of your life God is trying to bring new life to?

» Next Steps and Prayer | (15minutes)

- Talking about buried pain can often times reveal hurts from family and friends. What do you need to do this week to begin the process of identifying your pain and allowing God to work in and through you?
- Close by praying for each other to be honest with themselves and with God about what is going on in their lives and to get the help they need to process in a healthy way.