

SOUTHWEST LIFE GROUP BIBLE STUDY

4-22-06 - "Healing People are Healing People"

OPEN: In regards to our own past, there are two lies that represent two extremes people buy into that can keep them from healing. Most of us have a leaning towards one or the other. Discuss the two lies below and share which direction you lean:

←
"It does no good to look back or look inside."

→
"I must forever live in the hurt my past in order to deal with my present or future."

DIG: Read Hebrews 12:1 – *"Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."*

What are the two things that the Hebrew writer exhorts us to "throw off" in order to live the life "marked out for us"?

What guidance does this give us in confronting the two lies above on the continuum?

DISCUSS: *Below are 20 questions put forth by author Stephen Arterburn that he suggests would be useful in your own "throwing off of everything that hinders". Read the questions as a group, but rather than answer them, DISCUSS WHY they might be helpful in obeying Hebrews 12:1.*

1. Starting as early as you can remember, who were the people in your life that hurt you?
2. Was there anything you did to bring on that hurt, or were they solely responsible?
3. What was your reaction to that hurt? Did you forgive, hold a grudge, or seek revenge?
4. Is there any way you could have altered your reaction to the hurt?
5. Starting as early as you can remember, who were the people in your life that you hurt?
6. Did they do something first to hurt you, or were you acting without provocation?
7. Who have you hurt the worst? Arrange your list of those you hurt in the order of the most damage to the least?
8. What was your reaction when you first realized you had hurt each person?
9. What have you done to rectify the problem caused by our hurtful actions?
10. Is there anything you could do to make restitution?
11. Are you aware of your 5 greatest strengths? Write down what you think they are, and then ask 5 other people to tell you what they think they are.
12. Are you aware of your 5 greatest weaknesses? Write down what you think they are, and then ask 5 other people to tell you what they think they are.
13. What have you done to misuse your strengths? Have you been a good steward of them or have you wasted them?
14. What have you done to use your strengths well? Ask the same 5 people this.
15. What have you done to correct or work on your weaknesses?
16. What could you do to work on them? Make a list.
17. What could you do to make restitution to those you have hurt?
18. Who could help you walk through a path of forgiveness toward those who have hurt you?
19. Contact those you have hurt, if it would cause no greater damage, and take notes on the things they tell you about yourself as you discuss the past.
20. Ask someone to be your partner in truth. Ask that person to help you discover the truth about yourself and motivate you to continue to work on the areas that need help.

Important Final Question: If you were going to send a person to "help" someone that you love and care about, do you want it to be someone who has done all the above work? Or someone who sees it as unnecessary or impossible for themselves? Why?

PRAY: Pray that Southwest becomes a community of constantly healing people so that we can be a community that is healing other people. (Luke 6:40)