

FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Hurt Me.1:

HOW WE HANDLE UNRESOLVED PAIN

Emotional pain, just like physical pain, is a _____ from _____. It informs us that something needs to happen. It moves us to do something important.

Featured Scripture Reference:

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Ephesians 4:26-27 (ESV)

Anger as a response to unresolved pain is like infection as a response to a wound; the longer you let it fester, the more _____ it will do.

Things I want to remember from the video:



The wisdom in these lessons is thousands of years old and has been tried and found true by hundreds of millions of people.

QUESTIONS FOR DISCUSSION:

How good are you at initiating a conversation that actually makes the other person want to lean in and talk about your pain? What are some ways you can think of to do this?

If you were to develop the skill to take any relationship in your life and put it back on track toward healing, which relationship would you start with? Why?

WHAT? What lesson or truth do I take away from this session?

SO WHAT? Why and how does this truth or take-away make any difference in my relationship(s)?

NOW WHAT? What step will I take this week as a result of this lesson?

How I can be remembering group members this week:

