

FIVE CONVERSATIONS FOR HEALTHY RELATIONSHIPS

What's Hurt Me.2:

PAIN IS THE WORST HISTORIAN

Featured Scripture Reference:

*Be not quick in your spirit to become angry,
for anger lodges in the heart of fools.*

Ecclesiastes 7:9 (ESV)

⁶ The Lord said to Cain, "Why are you angry, and why has your face fallen?" ⁷ If you do well, will you not be accepted? And if you do not do well, sin is crouching at the door. Its desire is contrary to you, but you must rule over it."⁸ Cain spoke to Abel his brother. And when they were in the field, Cain rose up against his brother Abel and killed him.

Genesis 4 (ESV)

Pain is the worst historian. Over time, it _____ and _____
the details to better fit the painful feelings.

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:

Can you recall a time when someone you know was so angry for so long that they couldn't even accurately recall the facts? If your anger is causing you to lose perspective, who in your life will love you enough to tell you that?

Are you angry about something now? What pain needs to be resolved, and with whom?

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:

