



Bounce Back

Week 3 - Stranded

Discussion Guide

We have all experienced the shock of disappointment, offense, humiliation, or outrage in our relationships. The Bible tells us that God is our go-to resource when troubles come. When we feel most abandoned and betrayed, God can show us that He is more than enough. We can trust Him. With your Life Group, allow God to show you that He loves you and will never leave you.

Jump Start

1. If you remember your first breakup (with a girlfriend or boyfriend) or the first big fight with your best friend back in middle school, how did you feel? Does it still hurt the same way today?
2. *Start the process.* To begin to heal, we have to acknowledge the pain, whether it's fresh or long-buried. This week, we see in Lamentations that we should test and examine our ways. It's unhealthy to ignore or deny pain. **Read Matthew 7:3-5, 1 John 1:8-9 and Matthew 5:44.** The very first step to bouncing back from relational pain is all about us, not them. Before we begin trying to "fix" the situation or the person who has hurt us, what does God ask us to do?
3. *Resist resentment.* Hebrews 12:15 describes a "root of bitterness." Most of us have experienced a long-standing hurt which we allowed to consume our emotions. Have you ruthlessly removed it? If not, how does the Bible tell us to deal with it? **Read Hebrews 12:12-14 and James 4:10** for direction.
4. *Fight for forgiveness.* We heard, "Do not allow what happened then continue to shape what happens next." **Read Ephesians 4:32 and Matthew 6:14-15.** What is God asking you to do? Why?
5. Final Thought: Do you have a person, a hurt, or a root that God is telling you to deal with this week? Share with your Life Group or at least one person, so that they can pray for and with you as you follow through.

Deeper

6. When we study the Bible, our primary goal is to learn more about God, hear from Him, and draw closer to Him. We do this by asking ourselves what the verse or passage we are reading reveals about who He is. The more we learn about the person and character of God, the more confident we can be that as His children, we can trust Him and rely on Him, even (or perhaps *especially*) when we feel like we're stranded and all alone.

Read the following verses and write down what they are teaching you about God:

Psalm 3:3

Isaiah 51:12

Psalm 121:2

John 3:16

Ephesians 1:7

Isaiah 53:5

1 John 4:16

How can you apply these truths about God to your own circumstances this week?