



RELATIONSHIP STATUS

SERMON SERIES

HEALING (Week 4)

WELCOME: What has/have been the most helpful lesson(s) you've learned from this series so far?

WORSHIP: Sing, **HEALER** (*Hillsong Worship*)

WORD: So many people are in pain. Pastor Ta mentioned that many people who have become close friends with darkness. These people look as if they're fine, but they carry some of the most difficult hurts the result from sexual and relational brokenness—whether it's because abuse, assault, molestation, break up or divorce. And even though some people have already begun a relationship with God and are growing in their spiritual walk through God's Word, prayer, fellowship, and obedience, still many of us have yet to recover from deep hurts from our past. **Read Psalm 88:1-18.**

Context Questions:

1. As you read this Psalm what is your first impression?
2. What is the psalmist's problem?
3. Read verse 4. Have you ever felt so weak and broken to the point of considering yourself this way?
4. Why does he feel God has abandoned him? Does he express any hope? How?
5. Does the psalmist express any hope that God will hear, come, help?

Most hurt and depression that people experience are results of relational and sexual brokenness. Pastor Ta shared the following lessons from Psalm 88.

1. Healing Begins When Silence Breaks.

We were reminded that there are times when people need to vent and lament and just be heard. In fact, it is freeing for potential comforters to remember that if it's good enough for God just to be quiet and listen, then it's good for us to just be quiet and listen, too. And people who feel the way the psalmist felt will tell you that one of the best gifts you can give to fellow sufferers is a listening ear.

If you have been abused or hurt and you are keeping it to yourself, you may want to break the silence to begin your healing.

Speaking out can be very freeing for sufferers and comforters alike. The sufferer can be reassured that it is okay to express these kinds of feelings, to others and to God. And the comforter is reassured that it is okay to just listen, without the pressure of having to fix something or say something profound. Sometimes, the best thing you can do for a broken person is to be a sounding board, a listener.

- Why is venting a freeing action?
- What is the difference between ranting and venting?
- How can you be a better listener to comfort someone?
- How can you be bold enough to share your deep hurts?

What do broken people not need?

They don't need explanations for what we think is wrong in their lives. They don't need solutions for what we perceive to be their problems. They don't need condescending advice based on what worked for us in a very different situation. They don't need impatience with their slow progress. They don't need judgment. Pastor Ta mentioned that it's such a great thing to be part of a church where everyone is welcome. Read Romans 15:5.

- How can we grow better at welcoming people?
- Are you actively inviting and welcoming people to our church? Who are you praying to reach out to this year?
- Someone you know might be in great need to experience God's love, and you're the only friend they have who can show it.

Why is healing important?

Pastor Jon said, "It's OK to not be OK, but it's not OK to stay not OK." We are all broken, but we also believe that God wants us to receive forgiveness from our past and healing from our hurts. If we come to Him with all our hurts He will not turn us away. He will receive us just as we are, but He will not let us stay the way He found us. He wants us to experience grace and healing; and He wants us to be agents of

grace and healing. At Mosaic, whoever needs and seeks God's offer spiritual and emotional healing is welcome to our community! Our prayer and goal is for each of us to become who God wants us to be. Read John 6:37-40.

- Have you been to a church community that seemed to require perfection before they welcome you?
- Did that church community help in your recovery or were you hurt even more?
- If you have been hurt by other Christians, make it your prayer to forgive them, because it is likely that they have been hurt too.
- As a disciple (not just a churchgoer), how can you be a better agent of healing?
- Read Matthew 7:1.

2. Make a decision that you want to be healed.

Healing is a process. Like any kind of a process, healing involves procedure. The process of experiencing healing from sexual and emotional brokenness begins with a decision to want to be healed. Read Psalm 34:15-20.

A. WE NEED TO COME TO THE END OF OURSELVES AND RECEIVE GOD'S OFFER OF HEALING.

Verse 18 say, "The Lord is near to the broken-hearted and saves those who are crushed in spirit."

- When we realize our brokenness, we recognize the need for healing.
- Read Mark 2:17. We must get rid of our tendency to self-medicate, or pretend we're OK. We will not experience healing if we refuse to recognize our brokenness. As long as you think that your own goodness or works will get your life put back together, you will not see yourself as a poor man (or woman), crying out to God to save you (34:6). As God opens your eyes to the seriousness of your sin, let it drive you to the cross for God's salvation.
- Have you come to the place of feeling broken and crushed by your sin, so that you have cried out to God to save you through Jesus and His shed blood?

B. FORGIVEN PEOPLE FORGIVE PEOPLE.

Forgiving others is inseparably bound up with experiencing God's forgiveness. If you have been sexually or relationally hurt and broken, you may have the mindset that the person who hurt you does not deserve to be forgiven. If you have the mindset toward others, it is very likely that you have trouble embracing God's forgiveness of you.

- As long as we hold a grudge we will never experience freedom and healing. Do you struggle with holding a grudge?
- If you are too hurt to forgive, PRAY for the person who hurt you. The person who hurt you might be hurting inside too. As a way to extend God's grace, pray for them, even though it's difficult.
- Always live in God's grace and choose to forgive.

C. BE AN AGENT OF HEALING.

The fruit of healing is becoming an agent of healing. When we experience God's blessings, He expects us to share it with others and to invite them to experience God's blessings, too.

- Read Psalm 34:4-10. In verses 4-10, the idea is, "God rescued me; He can rescue you, too!" We know this because in verse 8, he invites others, "O taste and see that the Lord is good; how blessed is the man who takes refuge in Him!"
- When we experience healing, we will have this wonderful desire for others to experience the same healing grace from God! A person who is truly healed and blessed will invite others to receive God's healing and blessing! Don't just look on, invite people: "Come, taste and see the Lord's goodness for yourself!"
- Pastor Ta closed his sermon about the story of the Woman at the Well in John 4. The woman is the best example of a genuine recipient of God's grace and healing! She was so overjoyed she went all around town to speak about Jesus!
- Read John 4:28-30 and 39-42.
- Are you an agent of grace? Who can you bring to Christ this week (or this month)?
- How are you doing in our Vision #1000Stories? Are you actively praying and investing in the lives of the people you want to reach?

WORKS

- Pray for the people you know who may be hurting: relational and sexual brokenness; those who are having marriage and relationship issues; recovering from break-up; those who have been abused and assaulted.
- Intentionally reach out to someone this week whom you know is hurting.