



Session 1—Hurt

Icebreaker

Describe your first experience in the ER.

Watch Session 1 of MOOOOD

1. Did anything stick out to you from the video?

Read Matthew 26:26-35

The Last Supper

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, “Take and eat; this is my body.” Then he took a cup, and when he had given thanks, he gave it to them, saying, “Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father’s kingdom.” When they had sung a hymn, they went out to the Mount of Olives.

Jesus Predicts Peter's Denial

On the way, Jesus told them, "Tonight all of you will desert me. For the Scriptures say, 'God will strike the Shepherd, and the sheep of the flock will be scattered.' But after I have been raised from the dead, I will go ahead of you to Galilee and meet you there." Peter declared, "Even if everyone else deserts you, I will never desert you." Jesus replied, "I tell you the truth, Peter—this very night, before the rooster crows, you will deny three times that you even know me." "No!" Peter insisted. "Even if I have to die with you, I will never deny you!" And all the other disciples vowed the same.

2. Put yourself in Jesus' shoes in this passage. What do you think he was thinking and feeling as he shared this news with them?

3. How do you think Jesus found the strength to eat a meal and pray with his friends, knowing that they would all desert him?

4. As Chris mentioned in the video, many times we are tempted to hide or cover up our hurt. What are some of the unhealthy ways you've observed people dealing with hurt? What are some unhealthy ways this hurt is expressed?

5. How do you personally deal with hurt? Do you hide it, deny it, become angry, shut down, fight back, open up to others, ...?

6. When have you most recently experienced hurt in your life? Have you healed from this hurt, or are you still in the process?

7. If you are still in the middle of a hurt, what next step do you think God would want you to take. For example, begin the process of forgiveness, open up to someone about the hurt, make an appointment with a counselor, etc.

8. Do you have a story of healing from a past hurt that could be an inspiration to others? Who might God be calling you to share this story with?

9. Who do you know that is experiencing hurt right now? How can you be an encouraging friend to them during this time?

IN@NITE

Family | Co-Worker | Friend

Who in your life would benefit from coming to church with you next week to hear this series? Take a step of faith and invite them this week!

Prayer

Share with the group any hurts that you would like to receive prayer for if you feel comfortable. Pray the prayer below by going around in a circle and having each person read one sentence.

God, thank you for forgiving us for the times that we have hurt you and for giving us a second chance.

Help us to have the same heart to forgive others who have hurt us.

When forgiveness doesn't come easy, we ask that you put in us a desire to forgive.

Reveal to us the hurts that are buried deep that we may not even be aware of.

Bring healing to those hurts through the comfort of your Holy Spirit. Help us not to hide our hurts from you or from others.

Give us the courage to open up about the hurt we have experienced.

And give us humility to admit that we are not too strong to be hurt.

We know that you are close to the brokenhearted, so draw near to us in our hurt.

And help us not to develop a hard or calloused heart.

Give us opportunities to encourage others who are hurting.

Open our eyes to hurting people all around us and show us how to love them.

Use our words and actions to bring healing.

Take what the enemy meant for evil, and use it for good in this world.

So that your name would be made great. In Jesus' name we pray, Amen.

Don't forget: Watch our Daily Story videos and listen to people from The Jar studying scripture and talking about the different emotions we experience. Scan this QR code to access the story videos:

