

# WHEN YOU'VE BEEN HURT

How To Deal With How You Feel

Psalm 69:29-33

## **CLIMBING OUT OF HURT**

*4 Common Core Struggles*

### ❶ **FEAR OF FAILURE**

(Matt 22:37-40 NLT)

### ❷ **FEAR OF REJECTION**

(Psalm 139:13-14 NLT)

### ❸ **SELF CONDEMNATION**

(Romans 8:33-34 NLT)

### ❹ **FALSE IDENTITY**

(1 Peter 2:9-10 NLT)

# LIFE APPLICATION

Looking back at your notes from this week's teaching on, was there anything that particularly caught your attention, challenged or confused you?

Read Romans 8:28-29

1. Today, have you felt more like a conqueror or conquered?
2. What confidence does verse 28 give believers about events that occur in their lives? When has it been the hardest for you to believe this? How have you seen God bring something good out of a bad situation?
3. From verses 29-30, what steps are outlined, "for those God foreknew"? How do verses 31-34 support Romans 8:1, "There is no condemnation for those who are in Christ"?
4. Of the agents of separation listed in verses 35-39, which is most threatening to you?
5. Which phrase or verse from this passage particularly strikes you and why?
6. How are you doing in the school of hard knocks right now?
7. What is the closest you have come to feeling the despair and loneliness of being separated from God like Paul describes in verses 31-39?

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(Psalm 139:13-14 NLT)

❸ SELF \_\_\_\_\_  
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