

WEEK 1

SMALL GROUP GUIDE

STRONGER

Life hurts sometimes. If you haven't already experienced it, there will be a day when you'll encounter pain, failure, or loss. Sometimes the hurt we feel happens because of something we do, or something that is done to us, or something that is no one's fault at all. In this 4-week series, we'll talk about how, when life hurts, or goes wrong, or doesn't make sense, these things are true: **Jesus can redeem what's gone wrong, God can be trusted, God gives us each other, and God helps us persevere.**

THIS WEEK

THE BIG IDEA

Jesus can redeem what's gone wrong.

THE BIBLE

Genesis 1:31, 3:17-18; Colossians 1:13-20;
Psalm 13:1-2

- **Have you ever received an embarrassing injury?**
- **What are some ways we might cause ourselves pain because of our own actions?**
- **What are some ways we might experience pain through no fault of our own?**
- **Have you ever experienced failure, hurt, loss, or pain? Would anyone like to share?**
- **In your own words, what do you think it means for Jesus to "redeem" someone?**
- **If you've asked Jesus to redeem you, how has your life changed since then?**
- **Is there a painful situation in your life right now that you need Jesus to redeem? How do you want Him to redeem it?**
- **When life gets difficult, is pain more likely to make you weak and afraid, or tough and bitter?**
- **Read Psalm 13:1-2. Have you ever felt like saying something like that to God? Why do you think passages like this are included in Scripture?**
- **Over the next few weeks, what's one way you hope to grow stronger through pain and difficulty?**