

Genesis – Moving Forward After Trauma November 17, 2019 Discussion Notes

Everyone is encouraged to bring a Bible

(Phone apps are good for reading together in the same translation. Study Bibles give help with interpretation.)



MOVING FORWARD AFTER TRAUMA

1. THERE IS A TIME TO GRIEVE
2. BUT DON'T SETTLE THERE FOREVER
3. LOOK TO GOD'S GREATER PLAN
4. LISTEN FOR HIS VOICE
5. FOLLOW HIM IN FAITH

Questions:

1. People handle trauma and grief differently. How have you been handling the recent shooting at Saugus High School?
2. Are there any stories that have come out of this tragedy that have inspired you? Or have you seen good coming out of it? Share with each other.
3. What do you remember about each of the main points of the sermon? (seen above). What in the sermon challenged you? Do you have any questions to bring up?
4. Read Luke 24:13-32 (it describes Jesus appearing to two of his followers after he had risen from the dead).
 - a) Describe the emotions of these two men at the beginning of this story (see vv. 17 and 21).
 - b) Why were they feeling this way?
 - c) What did Jesus explain to them?
 - d) How did Jesus' words affect them? (see v. 32)
 - e) How are your expectations of the Christian life sometimes affected by trials? What helps you have hope again?
5. Read John 11:1-45
 - a) Put yourself in Mary and Martha's shoes. What must they have been experiencing?
 - b) Why were they feeling hurt by Jesus?
 - c) What assurance did Jesus give to Martha? How does this give hope to all of us?
 - d) Why do you think that Jesus wept even though he knew that he would raise Lazarus?
 - e) Why do you think that Jesus delayed going to Bethany (v. 6) when he could have gone sooner and healed Lazarus?
 - f) What might this tell you about times when God doesn't seem to be answering your prayers?
6. Read 1 Thessalonians 4:13-18. What should the grief of Christians be like when their believing loved ones die?
7. Do you feel that you have a "Haran" (a place of grief) in your life that you have been stuck at? If you are willing, share it with your group.
8. Share prayer requests and pray together. Pray for any needed healing from trauma or grief. Pray for our Santa Clarita community during this time.