

# QUESTIONS *for* VIRTUAL SMALL GROUPS

## TRAUMA

JULY 11/12

### ICE BREAKERS:

- What has been one of your best (or worst!) family vacations you've ever taken?
- What's an event from your childhood that felt embarrassing or traumatic at the time but now is funny to look back on?

### LAUNCH QUESTIONS:

- Pastor Dave describes trauma as any experience that produces an overwhelming and unmanageable response from us. What are some of the ways we are both collectively and personally currently experiencing trauma?
- What are some examples of people in scripture that experienced trauma and how did they respond?

### DISCUSSION QUESTIONS:

- Read Matt 26:36-39 and Luke 23:32-34. These will be our key texts. What do you observe? How do you see Christ responding to the trauma he's experiencing?
- Pastor Dave lists four responses he observes from Christ's behavior: He "came in", He lamented, He forgave, and He remembered the bigger story. Let's work through those:
  - a. He "came in": Read John 15:4-6 and compare this to how we see Christ respond in Matt 26:36.
    - i. Where have you been abiding? (in God? In social media? In news?)

- ii. What have been some ways you have found rest and refreshment with God during this time? Or, how has this been difficult?
- b. He lamented:
  - i. Is this a new idea for you? Do you think you think our culture is comfortable with the concept of lamenting? Why or why not?
  - ii. Soong-Chan Rah writes, "Lament is an act of protest as the lamenter is allowed to express indignation and even outrage about the experience of suffering. The lamenter talks back to God and ultimately petitions him to help, in the midst of pain. The one who laments can call out to God for help, and in their outcry there is the hope and even the manifestation of praise." What stands out to you about this definition of lament?
- c. He forgave:
  - i. Who did Jesus bring in to the forgiveness process? (Luke 23:34) Do you do the same or do you find you try to decide how and when to forgive on your own?
- d. He remembered the bigger story:
  - i. What is the bigger story?
  - ii. How do you think living with a view of the bigger story, or an eternal mindset, could help change your perspective in the difficult daily moments?

**PRAYER IDEA:**

Break into partners and share with each other one of the four areas that has been particularly difficult for you in the season. Spend time in prayer for one another.

**SENDING CHALLENGE:**

Consider taking time from now to August 31st to pray and intentionally fast. Ask God to help you personally abide in Christ but also for us to corporately as a church abide in Him.

