



EXPOSED

FINDING TRUTH IN TURMOIL

There are wounded men and women all over the world. A wounded soul is someone who is tired or discouraged in their faith.

Text: Hebrews 12:1-3 New International Version (NIV)

1 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. 3 Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Discussion Questions:

1. Pastor David shared about three patients he encountered at Bongolo Hospital. What do you remember about their needs and how they were helped to heal? These patients had obvious physical needs, but what spiritual or emotional needs might go along with their situations?
2. What are the 3 types of wounds? [*Answer - Physical, Spiritual, Emotional*] How are spiritual wounds different from physical wounds? What are some examples of spiritual wounds? (You may want to also explore the weariness that comes with wounds.)
3. Below are examples from the Bible of 3 men who endured wounds. What differences (or similarities) do you see in how they each responded? Does anyone want to share an example of any of these from your own life?
 - a. Self-inflicted (Jonah) (see Jonah 1:3)
 - b. Inflicted by others (Joseph) (see Genesis 39)
 - c. Inflicted by God (Moses) (see Numbers 14:20-23)
4. Discuss self-inflicted spiritual wounds. Do you agree that the biggest wound is the “sin” wound?
5. Hebrews 12:13 is a metaphor for our spiritual walk: *“Make level paths for your feet, so that the lame may not be disabled, but rather healed.”* What are some benefits of a level path? (Hint - imagine you have a sprained ankle, but you have to walk a distance over a road that is rugged and rut-filled.) Discuss how we can make level paths for our spiritual walk?



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6. Why does God value and reward perseverance? How does the picture of a “great cloud of witnesses” encourage us in this? Discuss specific things that hinder our ability to endure the race marked out for each of us?
7. Soul healing requires my effort plus God’s power. Discuss specific ways you can exert effort to cooperate with God’s power in your healing.
8. Pastor David said that wounded people are everywhere. But he concluded that “God heals wounded souls.” Have you experienced this personally? How can you bring God’s truth to the turmoil around you?

Conclusion. A wounded soul that is healed qualifies as a heart of faith. If your soul needs healing, pray this closing prayer with me. *[Instruction to leader - pray one line at a time, and ask the group to repeat each line responsively]:*

*“Dear Healer of My Soul,
I come to You with all my wounds, some self-inflicted.
You died on the cross for me, and You rose to a new life.
I accept Your forgiveness for my wounds.
Come into my heart today and begin the healing in my soul.
I accept the new life that You offer me.
Thank you. In Jesus’ name I pray.”*

[If anyone in your group prayed this for the first time today, encourage them to speak to a pastor about their decision.]