



Heart Attack

One sign of a heart attack is numbness. When we start to feel spiritually numb, we are at risk of putting our hearts in danger.

1.) What are some signs of spiritual numbness to you?

Read Hebrews 12:10-13

2.) Our heart is most vulnerable when we aren't staying active. How does this passage on discipline reflect that?

Eventually we are going to be hurt at some point. Whether we feel left out, slandered, embittered or mistreated, these things will happen in life. Sometimes you'll feel this way towards people, and sometimes even towards God. When it comes to dealing with people who've hurt us, it's important to remember that handling it in a Christian manner takes work. We can cause a lot of harm to our biblical community when we handle hurt wrong. We should remember that when people hurt us, it's really revealing their own heart issues.

Read Proverbs 26:20-26

Read Hebrews 12:14-15

3.) How should we deal with people who've hurt our heart?

When others hurt us it can be difficult to deal with, but feeling hurt by God is undoubtedly worse. God can feel so mysterious and far away that we feel we can't work it out. Things will happen, and not every little thing is a test from God. Simply put, we live in a broken world.

When we feel that God has forgotten us or caused us unnecessary pain, we need to seek understanding, not revenge and justification.

4.) What problems can arise when you feel God has hurt you.

Read Proverbs 2:1-6

5.) How can we trust that God will reveal to us what we need?

6.) What should we do when we don't feel like we're getting answers?