

Discovery Service Order and Message Outline



WELCOME TO CEC	Pastor Phill and Sara
WORSHIP VIDEO	Magnificent marvellous matchless love
PRAYER	
UPDATES	Pastor Phill and Sara
CHILDREN'S TALK	Jackie and Phil
WORSHIP VIDEO.....	The Lord's my Shepherd
BIBLE READING	Psalm 23:1-6
MESSAGE	Taught by Pastor Phill
WORSHIP VIDEO.....	One thing remains (Your love never fails)



Emotions #4 The Hurting Heart Psalm 23:1-6

I. WHAT NOT TO DO WHEN YOU HURT

1. Don't _____ your hurt.

"I kept very quiet... but I became ever more upset. I became very angry inside, and as I thought about it, my anger burned." Psalm 39:2-3 NCV

2. Don't _____ from your hurt.

"I wish I had wings like a dove. Then I'd fly away and rest. I would hurry to my place of escape..." Psalm 55:6+8 NCV

3. Don't _____ your hurt.

"When I kept things to myself, I felt weak deep inside me. I moaned all day long." Psalm 32:3 NCV

"Confess your faults one to another that you may be healed." James 5:16 KJV

4. Don't _____ about your hurt.

"To worry yourself to death with resentment would be a foolish, senseless thing to do." Job 5:2 GN

5. Don't _____ your hurt.

"You are only hurting yourself with your anger." Job 18:4 GN

II. WHAT GOD SAYS TO DO WHEN YOU HURT

"You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows." Psalm 23:5 NIV

1. Let Jesus _____ the score.

"You prepare a table before me in the presence of my enemies." Psalm 23:5 NIV

"Never pay back evil for evil... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it." Romans 12:17+19 LB

"Blessed are the merciful, for they will be shown mercy." Matthew 5:7 NIV

2. Let Jesus _____ my wounds.

"You anoint my head with oil." Psalm 23:5 NIV

'He made us, and we belong to him; we are his people, the sheep he tends.'

Psalm 100:3 NCV

'I am the good shepherd. The good shepherd gives his life for the sheep.'

John 10:11 NCV

1) Jesus uses _____.

"God heals the broken-hearted and bandages their wounds." Psalm 147:3 NCV

'Anyone who is having troubles should pray.' James 5:13 NCV

'God will always give what is right to his people who cry out to him night and day, and he will not be slow to answer them.'

Luke 18:7 NCV

2) Jesus uses _____.

3) Jesus uses _____.

4) Jesus uses _____.

3. Let Jesus _____ my needs.

"my cup overflows." Psalm 23:5

1) Overflowing with abounding _____.

'The more we see our sinfulness, the more we see God's abounding grace forgiving us.' Romans 5:20 LB

'The grace of our Lord was poured out on me abundantly, along with the faith and love that are in Christ Jesus.' 1 Timothy 1:14 NIV

'He will abundantly pardon' Isaiah 55:7 NKJV

2) Overflowing with unending _____.

"God will help you overflow with hope in him through the Holy Spirit's power within you." Romans 15:13 LB



SMALL GROUP SERMON DISCUSSION

1. Why should we never hold on to a hurt?
2. How does holding on to hurt in our heart prevent us from doing good and achieving God's purpose in our life? Read Psalm 32:3, Job 5:2
3. How does knowing that bitterness and resentment is a sin change our perspective on past hurts we are choosing to hold on to?
4. Review the 5 things not to do when you hurt along with each of the Bible verses. Which ones have you experienced the effects of in your life? How do the Bible verses speak to you when you are tempted to do one of these things?
5. Why should we never seek revenge when someone has hurt us? Read Romans 12:17+19.
6. Pastor Phill explained how a shepherd cares for his sheep. How does Psalm 100:3 and John 10:11 help us see Jesus as our shepherd and what is it that he does to help us when we hurt?
7. Read Psalm 23:5. God fills our life to overflowing with many things. Make a list of what they are. How does each one help you deal with a hurting heart?
8. Why is it important to forgive those who have hurt us and what would that look like?



Watch and listen to the message again, or an archived message by going to www.youtube.com/cowplainchurch.