



From *The New York Times* Best-Selling Author

Karen Kingsbury's

A Thousand Tomorrows



**Small Group
Discussion Guide**
Episode #2



SESSION #2-HEALING FROM HURT

- **KEY VERSE**
- Matthew 11:28-30 "28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light." NLT
- **OPEN SESSION IN PRAYER**
 - Take prayer requests and ask for people to share how God has answered their prayers from last week's session.
- **OPENING SESSION DISCUSSION**
 - Talk about what your group hopes to accomplish by doing this study together.
 - **Discussion Question: What is the key to letting go of hurt and healing from that hurt?**
- **STREAM-EPISODE #2-A THOUSAND TOMORROWS ON PURE FLIX**
- **STREAM- TEACHING SEGMENT #2 WITH KAREN KINGSBURY**
- **DISCUSSION**
 - How do we "live" through our pain and turn it into something beautiful?
 - How do we "give" our hurts to God?
 - How is your hurt helping you become the person God has called you to be?
 - How is your hurt keeping you from becoming who God has called you to be?
 - How is God calling you to step out of your hurt and pain and experience freedom?
 - Why is forgiveness a key to getting free from your hurt?
- **ACTION STEPS**
 - Be brave and share with your group the hurts you are currently walking through.
 - Call your loved ones today and let them know you love them!
- **CLOSING PRAYER**