

Life Hurts, God Heals

The Problem and Solution



We meet every Thursday night...

6:00 p.m. Food & Fellowship

7:00 p.m. Worship Celebration

8:15 p.m. Open Share Groups

Classes

9:15 p.m. Coffeehouse

First United Methodist Church

212 3rd Street N

St. Petersburg, FL 33701

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www.crspete.com

The Problem:

Life Hurts, God Heals is a support group for individuals that are struggling with a "Life Hurt". The feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation (verbal or physical abuse, abandonment, divorce, relationship issues, grief, or any variety of losses or distresses).

These hurts can lead to "Hang-Ups", negative mental attitudes (depression, grief, anger, fear, resentments) that begin as normal coping, but may be causing you problems today. These negative attitudes may be blocking your ability to experience the joys in life that God meant for you.

The Solution:

Participating in the Life Hurts, God Heals Group will help you remember that you are not alone. It will offer you safe, loving support as members with their own "life hurts" share stories from their faith experiences with God. Facing our struggles with others in a fellowship of faith breaks our feelings of isolation and offers us peace and serenity. For whenever two or more of us are gathered together, the Comforter (Holy Spirit) will also be among us.

We encourage you to get phone numbers from other group members (same gender), so that you may become "Accountability Partners" between the group meetings. This will offer additional faith based support for both of you throughout the week.

Psalm 23

The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

The 8 Principles

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable. (Step 1)

“Happy are those who know they are spiritually poor.”
(Matthew 5:3)

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover. (Step 2)

“Happy are those who mourn for they shall be comforted.”
(Matthew 5:4)

Consciously choose to commit all my life and will to Christ's care and control. (Step 3)

“Happy are the meek.”
(Matthew 5:5)

Openly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4, 5)

“Happy are the pure in heart.”
(Matthew 5:8)

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. (Steps 6,7)

“Happy are those whose greatest desire is to do what God Requires.”
(Matthew 5:6)

Evaluate all my relationships; offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. (Steps 8, 9)

“Happy are the merciful.” “Happy are the peacemakers.”
(Matthew 5:7, 5:9)

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life, and to gain the power to follow His will. (Steps 10, 11)

Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

“Happy are those who are persecuted because they do what God requires.” (Matthew 5:10)

WE CHOSE TO ACCEPT JESUS CHRIST!

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:
