

# CONNECT GROUP DISCUSSION GUIDE

Week #1 - I've Got Scars



## GETTING STARTED

Spend some time checking in with each other. Any highs and lows since the last time you met?

Many of us, or people we know, have scars on our bodies – whether from injury or surgery. If you have any interesting “scar stories,” share them with your group if you’re comfortable.

## THIS WEEK’S THEME

What’s your go-to answer when someone asks, “How are you doing?” Why do you think we default to “I’m fine” even when we’re not?

Hans mentioned 5 types of trauma that psychologists suggest could create scars inside us. From these general descriptions, were any categories eye-opening for you?

- Acute Trauma: Wounds caused from a one-time event that is sudden and distressing
- Chronic Trauma: Wounds caused by repeated events
- Complex Trauma: Wounds caused by multiple chronic and ongoing events
- Developmental Trauma: Wounds that occurred during childhood which impact emotional, cognitive and social development throughout someone’s life
- Secondary Trauma: When we are exposed to the trauma of others

What’s one “mask” you tend to wear around others? Where do you feel pressure to pretend you’re okay?

The message talked about the “soundtracks” our pain creates. What’s a soundtrack (a belief or lie) you’ve caught yourself believing because of something painful in your past?

Hans said, “We don’t heal in isolation. We heal in community.” When has isolation kept you feeling stuck or in pain? When has community played a role in your healing journey? Have you ever experienced healing that allowed you to help someone else through a similar pain?

Do you find it easy or hard to bring your pain to God? Why do you think that is? What’s one prayer you’ve been afraid or hesitant to pray?

## DIGGING DEEPER

After giving his sermon that we know as “The Sermon on the Mount,” Jesus continues his ministry by putting his words into action. He starts by healing a man with leprosy.

Read [Matthew 8:1-4](#)

“The man with leprosy in this episode shows surprising respect to Jesus. His first action is to fall on his knees in front of Jesus. It was considered shameful to kneel in the Mediterranean world, as it showed that the kneeler was inferior. A person was expected to kneel only in front of people of great status, for example kings or divinities (the word in Greek also means ‘to worship’)”

Read more: <https://enterthebible.org/passage/matthew-81-84-a-man-with-leprosy-shows-respect-to-jesus>

What do you notice about the man and Jesus’ interaction? The story of the man with leprosy showed us someone who didn’t hide his pain from Jesus. What keeps us from bringing our own scars into the light—with God or with others?

Read [2 Corinthians 1:3-7](#)

Paul says God’s power is made perfect in weakness. What would it look like for you to be honest about your weakness or scars?

“Paul’s news about God here is that God consoles those who suffer. In a religious environment that would have seen suffering as an indication of God’s wrath toward the one afflicted, Paul assures the Corinthians that God is ‘the Father of mercies and the God of all consolation’ (2 Corinthians 1:3) and that both his affliction and theirs will be relieved by God.”

Read more: <https://enterthebible.org/passage/2-corinthians-13-7-affliction-and-consolation-shared>

## PRAY

Ask how you can pray for each other this week. What prayer requests do you have?

God, you promise to be with us through everything. When our mental health struggles, or the mental health of our friends and loved ones, guide us to resources, care, and support. Lord in your mercy,

## TAKING IT HOME

What’s one step you can take this week to begin naming a scar or wound in your life? Who is someone safe you could talk to about it?