



MESSAGE NOTES & SMALL GROUP DISCUSSION GUIDE
WEEK 1 – THE APPLE DOESN'T FALL FAR FROM THE TREE

KEY NOTES

Everyone has _____.

_____ is our reaction to unmet expectations.

Sin desires to have us because its _____ of God
who _____.

Trauma is the _____ of sin on _____.

Our nature and our nurture do not _____ our _____.

God's mercy has _____.

BIG IDEA

We have the choice to _____ our trauma
before we _____ it to the next generation.

DIGGING IN

1. What is your reaction to the word "trauma"?
2. Why are blame and shame unfruitful responses to trauma?
3. Where in your life does sin most stimulate your anger?
4. When was a time you recall ruling over the sin "at your door"?
5. How has God shown you mercy in your own choices?
6. Are there grey areas between felt trauma and resulting choices?
7. Whose trauma have you seen transformed by God?
8. What is your role in caring for those with trauma?

DIGGING DEEPER

TerKeurst, Lysa. *Forgiving What You Can't Forget: Discover How To Move On, Make Peace With Painful Memories, And Create A Life That's Beautiful Again*, 2020.