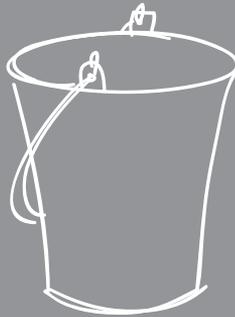


(un)hurt



The Healing Power
of Forgiveness
CHELSEY L. HARMON

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Grand Rapids, Michigan

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(Un)Hurt: The Healing Power of Forgiveness, Leader Guide

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Contents

Welcome to (Un)Hurt	4
Your Role as Facilitator	6
Group Dynamics	9
Course Options (4 or 6 sessions)	10
Offering (Un)Hurt as a Weekend Retreat	12
Leader Notes	
Session 1: Bucket of Hurt	20
Session 2: Learning from Jesus	23
Session 3: Paid in Full	25
Session 4: Forgive	27
Bonus Session: Tamar’s Bucket of Hurt.	29
Bonus Session: Calculating the Costs.	31

Welcome to (Un)Hurt

Welcome to (Un)Hurt! You are about to enter an experience that can change people's lives. Some of these people may be strangers; others you may have known for a long while. You have the unique opportunity to help each of them discover God's healing touch.

Many who come to (Un)Hurt have been guarding secrets for years, believing that exposing the truth would be worse than keeping silent. Others broadcast their hurts often and loudly, telling their tales of woe to anyone who will listen. Some people are angry, bitter, or depressed. Many who have been wronged in the past continue to feel like victims—even decades later. Some people are in denial about their hurts or find it very difficult to revisit the memories of the past.

This workshop rests on the truth that meaningful forgiveness heals lives by replacing anger, grudges, and wounds with God's grace and hope.

What This Study Is (and Isn't)

(Un)Hurt is a workshop, not a Bible study. Information will be presented, and participants will complete in-session exercises and homework assignments between meetings. The goal of this workshop is to teach and equip each participant to forgive. However, you may find that not everyone is ready to forgive at the end of this process. You must respect their decision and encourage them to continue on their forgiveness journey. Be extraordinarily careful to respect the boundaries of each person in your group. Pray for your group and encourage them to pray for each other.

Before the Workshop Begins

Participants should have the workbook before the first meeting so that they can read the Foreword and Guidelines for

Participation. Remind them to bring a writing utensil, and be sure to bring extras for those who forget.

Before the workshop begins, view all the DVD segments and read through the workbook so you know where the study is headed. Familiarize yourself with the forgiveness process as outlined by David Snapper. To prepare for each individual session, read through the leader notes in this guide and watch the DVD segment for that session. Be prepared to open and close each session with prayer, since participants may be feeling too emotional to do that.

For the most part, you will not need any extra materials for the sessions. If extra materials are required, they will be noted in the session's leader notes.

Your Role as Facilitator

The facilitator plays a crucial role in this workshop. But don't worry; you are not required to be an expert on forgiveness. In fact, your job isn't to "fix" or solve participants' problems. Your job is to guide the workshop, create an atmosphere of respect and confidentiality, and support participants as they work through their hurts. You can do that by

- treating everyone with dignity and grace.
- not offering advice to people (it's not your job to fix people).
- not trying to have all the answers (because you don't).
- helping people to stay focused on their feelings and how they are handling what has happened to them (as opposed to analyzing the details and people involved).
- sharing stories from your own life only if the group needs encouragement to begin sharing (this time is about them, not you).
- practicing and modeling empathetic listening (see more on this on p. 8).
- ensuring that all members respect one another and follow the guidelines for participation.
- being genuine (you are the role model for conduct).
- gathering information on reputable counseling services for participants who may need them.
- devoting time to prayer and preparation for each session and finding time to rest after each meeting.
- making sure that you do not have any unresolved issues with hurts and forgiveness.

The last three points are worth expanding upon.

Some people may need more help than others to complete the healing process. Before (Un)Hurt begins, meet with the

pastor of the hosting church and ask if he or she will be available to counsel participants. Also gather contact information for reputable professional counselors in your area, and be ready to refer participants to them if needed.

This workshop can be an emotional and spiritual journey with many ups and downs. Pray for the (Un)Hurt participants, and ask others (such as your pastor and elders) to pray too. Take care of yourself as you lead (Un)Hurt, and ensure that you are spiritually, emotionally, mentally, and physically nourished as you lead. Engage in worship, hobbies, and rest. Do whatever it takes to get close to God.

Confess and resolve your own major hurts before leading (Un)Hurt. You will lose your focus if you are preoccupied with personal guilt and shame. Remember, you are the model for the rest of the participants; if you are distracted by your emotions, it will be more difficult to listen to and help others.

Small Group Discussion

As you lead small group discussion times, your job as facilitator is to

- work toward forming a cohesive group where everyone feels respected and included.
- encourage a nonjudgmental atmosphere so that no one is afraid to share.
- ensure that people aren't forced to share before they are ready.
- keep side conversations from occurring—only one person should speak at a time.
- ensure that all participants have equal opportunity to share.
- make sure that people are addressing the questions and their feelings.

Empathetic Listening

Empathetic listeners are the easiest people in the world to talk to. They make you feel safe, they are interested and encourage you to share more, and they make you feel good about who you are. Empathetic listening is an acquired skill that begins with knowing yourself. If you are in tune with your own emotions, are able to identify and express your feelings, and genuinely care about others, then you have the basic skills to practice empathy.

When you listen empathetically, you do not agree with, disagree with, or judge feelings. Instead, you acknowledge and identify those feelings to the person speaking. The facilitator feeds back only what he or she thinks the participant meant to say—no more, no less. Your feedback should be focused on the participant, beginning with “You . . .” or “What I hear you saying/feeling is . . .” rather than “I think that . . .” Your job is to try to understand what it is like to be in someone else’s shoes.

Empathy is an acquired skill, which means it goes against some of our normal habits. Here are six habits to avoid:

- being a “fact-finder” by focusing your attention on the information and details rather than on the person’s feelings
- attempting to solve the person’s problem
- telling the person what you think he or she should do
- evaluating the person’s feelings and actions with judgment statements
- asking questions that force the person to share more than he or she is willing
- asking questions that can be answered with simple “yes” or “no” answers.

Group Dynamics

Each (Un)Hurt session includes small group discussion time. Here are some things to consider when dividing participants into small groups.

First, it's important that groups have no more than four people in them so that there is enough time for everyone to share.

Second, knowing the culture of the community is important. Should you divide men and women? Should you group people according to age or life stage? Are there any individuals who should not be in the same small group?

Third, if you know some of the issues that people will be dealing with, then putting several people who are dealing with similar hurts in a group together may make them feel safer.

In the end, remember that groups can take on a life of their own. One group will talk freely, sharing stories of childhood abuse, neglect, alcohol abuse, and so on. Another group may never gain the ability to share in such an intimate way. Some of these dynamics are beyond your control as facilitator. The best you can do is to listen for warning signs and help others follow the guidelines.

At times you may have to intervene in a small group discussion. If a person is monopolizing the sharing time, gently encourage him or her to conclude so everyone has time to share. If someone is judging another participant, remind the group to be empathetic listeners, not judges. If someone is oversharing or becoming overwhelmed by what they are sharing, step in and redirect the conversation.

With all of these situations, you should acknowledge the emotions being expressed while getting the group back on track. ("Mary, you have expressed some genuine anger. How do you feel about being so angry?" or "Bob, we can see that you are very sad. Can you tell us some of the ways that you cope with your sadness?")

Course Options (4 or 6 sessions)

The structure of each (Un)Hurt session is laid out in the participant workbook. Each session includes 70-75 minutes of material. We recommend that your group meet for 90 minutes—that gives you time to gather, open in prayer, transition between activities, and close in prayer. As facilitator, it is your job to keep the group on time.

Though the structure of each session is set, you have options when it comes to the overall layout of (Un)Hurt. The material is divided into four sessions, with two optional bonus sessions you can use if your group would like to meet for six sessions. Here's how to organize your workshop into either four or six sessions.

(Un)Hurt in Four Sessions

If you choose the four-session option, simply skip the bonus sessions. The basic format for (Un)Hurt is as follows:

- **Session 1: Bucket of Hurt.** Participants will identify hurts in their past that need to be forgiven.
- **Session 2: Learning from Jesus.** Participants will study Jesus' teaching on forgiveness and understand why we must forgive.
- **Session 3: Paid in Full.** Participants will continue to learn about God's forgiveness and will identify why they have avoided forgiving in the past.
- **Session 4: Forgive.** Building on all of their previous work, participants are invited to replace their hurt with hope by offering forgiveness and letting go of their hurt.

(Un)Hurt in Six Sessions

If you choose to do the workshop in six sessions, include the two bonus sessions using the following format:

- **Session 1: Bucket of Hurt.** Participants will identify hurts in their past that need to be forgiven.
- **Bonus Session: Tamar's Bucket of Hurt.** This bonus session spends more time with Tamar's story from 2 Samuel (an At Home assignment in Session 1). In this session, participants will practice empathy and learn to identify their own points of vulnerability.
- **Bonus Session: Calculating the Costs.** Participants will learn three different models for measuring hurt (see Appendix A of the workbook for a synopsis of the three models), then put a monetary value on their own bucket of hurt to aid them in comparing the desire for compensation with the desire to forgive.
- **Session 2: Learning from Jesus.** Participants will study Jesus' teaching on forgiveness and understand why we must forgive.
- **Session 3: Paid in Full.** Participants will continue to learn about God's forgiveness and will identify why they have avoided forgiving in the past.
- **Session 4: Forgive.** Building on all of their previous work, participants are invited to replace their hurt with hope by offering forgiveness and letting go.

The bonus sessions are located at the back of the workbook, so as you lead the workshop you will need to direct participants to the appropriate sections each week. If you find that your group gets confused by the numbering, refer to the sessions by their names rather than their numbers.

Offering (Un)Hurt as a Weekend Retreat

If you would like to offer (Un)Hurt as a weekend retreat, there are a number of things to keep in mind. First, be prepared for the added emotion that participants will likely feel as they concentrate on their hurts for several consecutive days. Second, resist the urge to rush through the material and other activities. Take the time you need. Third, think of creative ways to enrich the retreat experience, such as offering an optional craft to help participants remember the forgiveness journey. Fourth, be ready to point participants to trained counselors—this is even more important when you work through this material in a few days rather than over a number of weeks.

Choosing a location

Before you choose a location for your retreat, consider whether you want participants to stay overnight. If so, look for a conference center, retreat center, or another facility that is equipped with comfortable private rooms. Your retreat participants will need good sleep and time away from others. Also consider the following questions:

- Is the location conducive to rest and quiet time?
- Does it offer outlets for physical activity during free time? This is important to people who use exercise to help deal with stress.
- Are meals available? The less there is for participants to worry about, the better.

Daytime-only retreat

If you choose not to have participants stay overnight, participants will go home at the end of the evening and return the next day to continue the workshop. We strongly encourage you to consider having meals catered or prepared by volun-

teers rather than sending people out to restaurants to eat; this helps protect their privacy if they're dealing with deep emotions. Create a space that is comfortable, peaceful, and has enough room for people to spread out during the quiet time. Make sure that there are no other events going on in the building and that you will not be interrupted.

Adapting At Home assignments

If you plan a weekend retreat, be sure to give participants long blocks of time to do the At Home assignments on their own. You may want to prioritize one of the homework assignments for each session.

Schedule options

Following are four options for organizing the weekend retreat schedule. Feel free to modify these or come up with your own plan. We strongly encourage you to include ample reflection/quiet time as well as times of group worship throughout the weekend.

Retreat Option 1: Friday evening to Sunday afternoon

(four sessions)

Friday evening (6 p.m. - 9 p.m.)

Introductions (30 minutes)

Worship (30 minutes)

Session 1: Bucket of Hurt (75 minutes)

Snacks

Quiet Time for At Home assignments (30-45 minutes)

Saturday morning (9 a.m. - 12 p.m.)

Breakfast (45 minutes)

Quiet Time for personal devotions (30 minutes)

Worship (30 minutes)

Session 2: Learning from Jesus (75 minutes)

Saturday afternoon (12 p.m. - 5 p.m.)

Lunch (45 minutes)

Quiet Time (rest of afternoon) for At Home assignments,
rest, and play

Saturday evening (5 p.m. - 8 p.m.)

Dinner (45 minutes)

Session 3: Paid in Full (75 minutes)

Contemplative Worship (60 minutes)

Snacks (optional)

Sunday morning (9 a.m. - 12 p.m.)

Breakfast (45 minutes)

Quiet Time for personal devotions and At Home
assignments (30 minutes)

Session 4: Forgive (60 minutes)

Closing Ceremony and Worship (45 minutes)

Retreat Option 2: Friday evening to Sunday afternoon

(six sessions)

Friday evening (6 p.m. - 9 p.m.)

Introductions/Worship (30 minutes)

Session 1: Bucket of Hurt (75 minutes)

Snacks (optional)

Bonus Session: Tamar's Bucket of Hurt (75 minutes)

Saturday morning (9 a.m. - 12 p.m.)

Breakfast (45 minutes)

Quiet Time for personal devotions (30 minutes)

Worship (30 minutes)

Bonus Session: Calculating the Costs (75 minutes)

Saturday afternoon (12 p.m. - 5 p.m.)

Lunch (45 minutes)

Session 2: Learning from Jesus (75 minutes)

Quiet Time (rest of afternoon) for At Home assignments,
rest, and play

Saturday evening (5 p.m. – 8 p.m.)

Dinner (45 minutes)

Session 3: Paid in Full (75 minutes)

Contemplative Worship (60 minutes)

Snacks (optional)

Sunday morning (9 a.m. – 12 p.m.)

Breakfast (45 minutes)

Quiet Time for personal devotions and At Home assignments (30 minutes)

Session 4: Forgive (60 minutes)

Closing Ceremony and Worship time (45 minutes)

Retreat Option 3: Saturday morning to Sunday afternoon (four sessions)**Saturday morning** (9 a.m. – 12 p.m.)

Introductions/Worship (60 minutes)

Session 1: Bucket of Hurt (75 minutes)

Break (15 minutes)

Quiet Time for At Home assignments (30 minutes)

Saturday afternoon (12 p.m. – 5 p.m.)

Lunch (45 minutes)

Worship (30 minutes)

Session 2: Learning from Jesus (75 minutes)

Quiet Time (rest of afternoon) for At Home assignments, rest, and play (90 minutes)

Saturday evening (5 p.m. – 8 p.m.)

Dinner (45 minutes)

Session 3: Paid in Full (75 minutes)

Worship (45-60 minutes)

Snack

Sunday morning (9 a.m. – 12 p.m.)

Breakfast (45 minutes)

Quiet Time for devotions, At Home assignments, rest,
and play (60 minutes)

Worship (60 minutes)

Break (15 minutes)

Sunday afternoon (12 p.m. – 4 p.m.)

Lunch (45 minutes)

Quiet Time for At Home assignments, rest and play
(45 minutes)

Session 4: Forgive (60 minutes)

Closing Ceremony and Worship (60 minutes)

**Retreat Option 4: Saturday morning to Sunday
afternoon** (six sessions)

Saturday morning (9 a.m. – 1 p.m.)

Introductions/Worship (60 minutes)

Session 1: Bucket of Hurt (75 minutes)

Break (15-30 minutes)

Bonus Session: Tamar's Bucket of Hurt (75 minutes)

Saturday afternoon (1 p.m. – 5 p.m.)

Lunch (45 minutes)

Worship (30 minutes)

Bonus Session: Calculating the Costs (75 minutes)

Quiet Time (rest of afternoon) for At Home assignments,
rest, and play (90 minutes)

Saturday evening (5 p.m. – 8 p.m.)

Dinner (45 minutes)

Session 2: Learning from Jesus (75 minutes)

Worship (45-60 minutes)

Snack

Sunday morning (9 a.m. – 12 p.m.)

Breakfast (45 minutes)

Quiet Time for devotions, At Home assignments, rest,
and play (45 minutes)

Session 3: Paid in Full (75 minutes)

Break (15 minutes)

Sunday afternoon (12 p.m. – 4 p.m.)

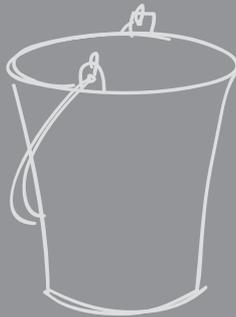
Lunch (45 minutes)

Quiet Time for At Home assignments, rest and play
(45 minutes)

Session 4: Forgive (60 minutes)

Closing Ceremony and Worship (60 minutes)

Leader Notes



Session 1 Bucket of Hurt

Aim of the Session

Participants will identify hurts from the past that have changed their lives and need to be forgiven.

Things to Consider

Most people have never sat down and made a list of wrongs done to them. Because our tendency is to try to cover up our weaknesses, your group will be entering into new and somewhat scary territory in this workshop. Pay attention to people as they work through the material; get a sense for who is engaging the work and who may need a little encouragement.

You may want to bring in a prop bucket like David uses in the video. Having this visual reminder in the room throughout the workshop will reinforce the work participants are doing.

Part 1 Introductions and Guidelines

Start the first session with introductions. If your group is not large, have people share a fact or two about themselves along with their names. To help people get comfortable and open up, ask for positive facts, such as a favorite trip or a fun hobby. It is important to reinforce the fact that we are more than the sum of our hurts.

Explain to the group that you are the facilitator. That means you are there to keep the sessions on track, to listen, and to make sure the Guidelines for Participation are respected by all. Unless you are a trained professional, stress to participants that you are not equipped to counsel them individually, but you will be happy to refer them to respected counselors if they need additional help in the healing process.

Next, go over the Guidelines for Participation as found in the workbook on pages 11-12. Allow for questions and explanations as needed. Also, explain what confidentiality means.

Confidentiality is essential to a positive (Un)Hurt workshop, but that does not mean that participants cannot talk about the experience with others. Individuals can share any part of their own story and journey that they like; however, they are not allowed to share anyone else's story. In other words, they may share what they say, but they may not share what they hear.

Part 2 Video

Introduce this session's video segment by explaining that the presenter shares an event in his childhood that was life-changing for him. Acknowledge that, compared to the burdens participants may be feeling, the presenter's hurt may seem inconsequential or trivial. Challenge them, however, to realize that an action one person might shrug off can hurt another person deeply. All of our hurts, big and small, build on one another and need to be worked through and forgiven.

Point out to the group that space for note taking is provided in their workbooks.

Part 3 Making It Personal

After you have watched the video, instruct the group to turn to page 17 in the workbook and silently answer the Quick Response questions. Once they have answered these questions, have them work through the Individual Work on pages 18-20 on their own.

While participants are working on the Individual Work, decide how to separate them into small groups. When it's time for them to switch to small group work, divide them into groups of three or four, asking for a volunteer from each group to read each discussion question aloud to the group. If you decide not to break into smaller groups, you can ask the questions.

After discussion time, invite participants to return to their original seats to complete the Individual Work on pages 21-22. After fifteen minutes have elapsed, verbally remind participants to complete the final Review section.

Part 4 At Home

Before closing with prayer, talk about the At Home portion of this process. Explain that there will be activities for participants to do between your group gatherings that will give them the opportunity to continue to work on the challenges outlined in the sessions.

For this session only, you will need to show a video clip to set up one of the At Home assignments. Its title on the DVD is “The Prisoner in the Coal Bin,” and it is four minutes in length.

(If you are using this material in a retreat setting, explain to the group that the At Home assignments should be done during the scheduled quiet time. Participants shouldn’t try to do all of the assignments, but should try to do at least one from each of the sessions.)

Part 5 Close with Prayer

Acknowledge the good work participants did in this session. It’s not easy to delve into our hurts! Then pray for them, specifically asking the Holy Spirit, our great Comforter, to bless and keep participants as they identify all of the hurts in their buckets.

Session 2 Learning from Jesus

Aim of the Session

Participants will study Jesus' teaching on forgiveness and come to understand why we must forgive.

Things to Consider

In the previous session, participants worked at naming their hurts and identifying why they need to forgive. In today's session they'll focus on their need to be forgiven by looking at a number of Scripture passages as a group and on their own. They will be challenged in group discussion and personal reflection to study their life with Christ. Encourage group members to be honest as they work through the material and to resist the temptation to give the "right" or "Christian" answer.

Part 1 Reconnect

Start today's session by having participants share their names again and tell about something enjoyable they did since the last time you were together, or share another personal fact to help them get to know one another.

Part 2 Video

Introduce this session's video by telling participants that you will be studying the Lord's Prayer together. Encourage them to listen to this well-known prayer with the intent to learn something new. Also explain that the second half of the video provides definitions of key words in the forgiveness process; they may want to write these definitions down as they take notes. Invite them to turn to page 28 in their workbook to follow along.

Part 3 Making It Personal

After you have watched the video, instruct the group to turn to page 33 in the workbook and silently answer the Quick Review questions. Instruct them to continue on with the Individual Work on page 34 until it's time to gather in small groups.

If possible, have participants work in the same groups as last time, though you may need to rearrange the groups based on what you observed. Ask for a different volunteer than last time to ask the questions. If you do not break into small groups, then you should ask the questions.

After discussion time, invite participants to return to their original seats to complete the Individual Work on page 37 and the Review section on page 38.

Part 4 At Home

For the first assignment in this session, remind participants that there is a task for them to do every day until the next session.

Part 5 Close in Prayer

Acknowledge the good work participants did in this session. Then pray for them, ending with the Lord's Prayer and inviting anyone who feels comfortable joining you to do so. Use the version that is printed in the workbook (p. 28) so that everyone can use the same words.

Session 3 Paid in Full

Aim of the Session

Participants will continue to learn about God's forgiveness and will identify why they have avoided forgiving in the past.

Things to Consider

This session directs participants to begin to work through the forgiveness process with one particular person in mind. Participants are encouraged to name that person as they work through the exercises during the Individual Work. We have purposely kept these exercises separate from the small group discussion so that participants can avoid talking about people rather than emotions and hurts. Keep an ear out for such talk; if necessary, remind people of the guidelines you went over at the first session.

Consider photocopying the receipts found in the video outline in the workbook so that participants can take them home and apply the exercise to other items in their bucket of hurt.

Part 1 Reconnect

As an icebreaker activity, have each participant share something that distracts them at their work or in their daily tasks. If they struggle to name something for themselves, invite them to think of what distracts other people (such as television, Facebook, birds outside the window, and so on).

Part 2 Video

Introduce this session's video segment by explaining that David Snapper will be talking about distractions that keep us from forgiving. Some of these distractions are actually excuses that we have fooled ourselves into believing are legitimate. Encourage participants not to be upset if David

identifies one of their reasons for not forgiving as a distraction. Instead, they should put a star next to the ones they believe apply to them so that they can reflect on them later.

Invite participants to turn to page 44 in their workbook to follow along.

Part 3 Making It Personal

After you have watched the video, instruct the group to turn to page 47 in the workbook and silently answer the Quick Response questions. Instruct them to continue on with the Individual Work until it's time to switch to small groups.

If possible, have participants work in the same groups as in previous sessions. Ask for a new volunteer to read the questions aloud. If you decide not to break into small groups, then you should ask the questions.

After discussion time, invite participants to return to their original seats to complete the Individual Work and Review sections on pages 52-53.

Part 4 At Home

Highlight that the second assignment includes a task to do each day until the next session.

Part 5 Close in Prayer

Acknowledge the good work participants did in this session. Then pray for them, and in a general way pray for the people they need to forgive. Remember to give thanks that God's forgiveness is available to everyone.

Session 4 Forgive

Aim of the Session

Building on all of their work so far, participants are invited to replace their hurt with hope by offering forgiveness and letting go of their hurt.

Things to Consider

This session intentionally reinforces the belief that God gives us many good things and many reasons to hope. We are more than the sum of our hurts, and we are more than our acts of forgiveness. Keep this in mind as you facilitate today's activities.

Note: This session is shorter than the others so that you have time for the closing ceremony at the end.

Part 1 Reconnect

This is your last session together. Invite participants to share one thing that they have appreciated about the workshop or the forgiveness process thus far.

Part 2 Video

Introduce this session's video segment by explaining that David Snapper gives a model to explain the power of our hurts and the power of forgiveness. He also offers twelve statements about forgiveness that put into perspective what it means to forgive.

Invite participants to turn to page 62 in their workbook to follow along.

Part 3 Making It Personal

After you have watched the video, instruct the group to turn to page 67 in the workbook and silently answer the Quick Response questions. Instruct them to continue with the Individual Work until it is time to discuss as a small group.

If possible, have participants work in the same groups as in other sessions. Ask that someone new read the questions. If you decide not to break into small groups, then you should ask the questions.

After discussion time, invite participants to return to their original seats to complete the Individual Work on pages 70-71.

During the final individual activity time, you will need to distribute four small pieces of paper to each participant.

Part 4 (Un)Hurt Closing Ceremony

For the ceremony itself, you will need two buckets to represent the bucket of hurt and the bucket of hope (make sure it's clear which is which). Consider using a dingy and battered bucket for the bucket of hurt, like the one David used in the video. You may even want to fill it with the props he used. If you have a large cross available, put a bucket on either side of it. Have participants sit in a circle, with the buckets in the middle. Participants will be encouraged to stand and walk to the buckets when they make their declarative statements of letting go and forgiving.

The litany for the Closing Ceremony is in Appendix B of the workbook (p. 95).

Part 5 Close in Prayer

Have participants turn to page 71 in the workbook to read the Final Words. Then close in prayer, wishing participants well and repeating the blessing that David offered in the video: "May the God of hope fill you with joy and peace because you trust in him. May you overflow with hope by the power of God's Holy Spirit. Amen."

Bonus Session

Tamar's Bucket of Hurt

Aim of the Session

Participants will study Tamar's story in 2 Samuel 13, practice empathy, and learn to identify their own points of vulnerability.

Things to Consider

As you dive deeper into Tamar's story, be aware that there may be participants in your group who have experienced sexual assault and who find this story very close to home. It is also possible that one or more of the participants may be currently experiencing abuse. Be prepared to refer people to available counseling services or services for victims of abuse in your community or your denomination if the need arises.

This exercise encourages us to practice empathy by imagining what it's like for others to have a bucket of hurt, but it takes a little work to get past the injustice of the deed to the experience of the person. So keep an ear out for harsh judgment statements during the small group discussion time. Help groups to steer away from specific details and names by keeping them focused on the questions in the workbook.

Part 1 Reconnect

This will be the second time your group meets together, so take a moment to get to know each other a little better. Ask each participant to share a hobby or recreational activity they like to do.

Part 2 Video

Introduce this session's video segment by explaining that participants will be hearing a very sad story about sexual assault

from the Bible. Encourage them to listen closely to David Snapper's telling of the story, and remind them that they can find the story in 2 Samuel 13 or in their workbooks on page 24 if they need to review it later.

Invite participants to use the space provided in their workbooks beginning on page 74 to take notes.

Part 3 Making It Personal

If possible, have participants work in the same groups as in other sessions. Ask that someone new read the questions. If you decide not to break into small groups, then you should ask the questions.

After discussion time, invite participants to return to their original seats to complete the Review section on page 79.

Part 4 At Home

Point out to participants that there are two assignments to work on during the week.

Part 5 Closing Prayer

Acknowledge the good work participants did in this session, then pray for them and for all who have been the victims of sexual abuse and assault. Pray for healing and for hope.

Bonus Session

Calculating the Costs

Aim of the Session

Participants will learn three different models for measuring hurt, then put a monetary value on their own bucket of hurt to aid them in comparing the desire for compensation with the desire to forgive.

Things to Consider

To aid participants in this session, bring along calculators, pencils, and scratch paper. Participants can also use cell phone calculator functions.

Some participants may not find this session helpful because they do not believe that there is a monetary sum that could adequately represent their pain. Even if that's the case, encourage them to work through the workbook questions as honestly and completely as possible. They may find that the questions help!

Part 1 Reconnect

Continue to get to know one another by inviting participants to share another fun or little-known fact about themselves.

Part 2 Video

Introduce this session's video segment by explaining that David Snapper offers a few different ways for us to think about how much our hurts have cost us. Encourage participants to be open to assigning a monetary figure to their pain, even though such an act may seem arbitrary or inadequate.

Invite participants to use the space provided in the workbooks starting on page 82 to take notes.

Part 3 Making It Personal

Hand out calculators, pencils, and scratch paper to participants as they work through the first Individual Work section.

When it is time to switch to small group discussion, break into the same groups as in earlier sessions, if possible. Ask for a new volunteer to read the questions.

After the discussion time is over, allow participants to complete the Review section on page 90 in their original seats.

Part 4 At Home

Remind participants to do the At Home assignments before the next session. Inform them that this week may be a good week to revisit previous At Home assignments that they were not able to finish.

Part 5 Closing Prayer

Acknowledge the good work participants did in this session, pray for them, and pray for the gravity of the pain in their lives. Thank Jesus for paying the price for all of our hurts on the cross.

Help people experience the healing power of forgiveness.

We all know we should forgive others, because Jesus told us to. But sometimes the hurt seems too big, or we just don't know where to start. That's where *(Un)Hurt* can help. In this practical, biblical workshop, pastor David Snapper guides participants through the process of forgiving people who have hurt them.

This leader guide is designed to help you plan and facilitate *(Un)Hurt* small group sessions or a workshop. It includes

- notes on how to facilitate each session.
- planning tips and options for structuring the course as a workshop or retreat.
- valuable information on group dynamics.
- tips for creating an atmosphere of respect and confidentiality as participants work through their hurts and learn to forgive.

Chelsey L. Harmon, associate pastor of Christ Community Church in Nanaimo, British Columbia, developed this leader guide based on the *(Un)Hurt* workshop created by David Snapper.



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