

# (un)hurt



The Healing Power  
of Forgiveness  
**CHELSEY L. HARMON**





Unless otherwise noted, Scripture quotations in this publication are from The Holy Bible, New International Version® NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission. All rights reserved worldwide.

Cover design: Frank Gutbrod

Cover art: iStock

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

© 2012 Faith Alive Christian Resources, 2850 Kalamazoo Ave. SE, Grand Rapids, MI, 49560.

All rights reserved. With the exception of brief excerpts for review purposes, no part of this book may be reproduced in any manner whatsoever without written permission from the publisher. For information or questions about use of copyrighted material, please contact Permissions, Faith Alive Christian Resources, 2850 Kalamazoo Ave SE, Grand Rapids, MI 49560; phone: 1-800-333-8300; fax: 616-726-1164; email: [permissions@faithaliveresources.org](mailto:permissions@faithaliveresources.org).

Printed in the United States of America.

We welcome your comments. Call us at 1-800-333-8300 or email us at [editors@faithaliveresources.org](mailto:editors@faithaliveresources.org).

10 9 8 7 6 5 4 3 2 1

# 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.









































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.



RELIGION / Christian Life / Spiritual Growth



150682