

SUZY AUSTIN

# When HUKT

turns to

# HATE

and

# HOPELESSNESS

Equipping people so it doesn't happen to them or the people they know.

12 week curriculum  
by Mark Schaufler

*when*  
**Hurt**  
*turns to*  
**Hate**  
*and*  
**Hopelessness**

Equipping people so it doesn't  
happen to them  
or the people they know.

Curriculum by Mark Schaufler 2018  
12 sessions to equip people for the real world  
Utilizing three YouTube links

**“Hate is anger’s fruit when the tree is fertilized with unforgiveness”**

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# When Hurt turns to Hat e and Hopel essness

## Foreword

I began working with youth in 1979 as a volunteer, just two years into my life of following Jesus. A lot has changed since then, but I still live in the same town where I began with Jesus and am still ministering to youth. That has afforded me a unique opportunity to see the results of many of the lives I have ministered to decades and even generations later.

In all that, I have seen the strength, health, and fruit of a life are often related to the wounds that people receive in life and how they respond to them. Some can smile and talk about a past wound because it is only a scar, a healed wound. They learned from it, dealt with it, and are stronger because of it.

Others are still bleeding. They can't talk about it easily and often it has dramatically altered their lives and the paths they chose. It can be a self-destructive path, one sprinkled with addictions, or a very safe path with no risk involved. Someone bleeding compensates for a wound that they are very aware of and hide the bleeding by their behavior on the outside. They can appear happy and healthy. They are often achievers and have a reputation as someone who is successful. But if you touch them in certain areas the bleeding becomes very apparent, and the pain is obvious.

In our work of making disciples, we will encounter many bleeding and wounded people; it is inevitable. How we equip and approach them will be the difference between having them become lifelong followers of Jesus or people who say, "I tried the church thing, but it didn't work for me."

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**This curriculum is based on four basic tenants from scripture.**

**First**, we're created with a purpose and plan for our lives.

*Ephesians 2:8-10 For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.*

**Second**, as we begin to follow Jesus and put his teachings into practice, we will become stable enough to meet the challenges of life and fulfill that destiny.

*Matthew 7:24-27 "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash."*

**Third**, if we don't put Christ's teachings into practice then the negative part of that verse will be a reality in our lives, *"and it fell with a great crash."*

**Finally**, we often forget that we have an enemy who is working every angle possible to pressure us into a collapse of faith and faithfulness. If we're living out Christ's commands all those wind, waves, and rising water are just an experience along the way but not the final chapter in our story.

*John 10:10 The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

One of the sources of many incidents is our response to the wounds that we receive. Wounds have many sources, and we will attempt to cover most them in the curriculum. The key? We learn how to deal with them and make recovery a normal part

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of our lives. Wounds are normal and sometimes needed. How we respond to them is the difference between smiling stories and silent pain.

When wounds aren't dealt with, we head down a path that can be very volatile when you mix in an immature anger response. *Ephesians 4:26-27* "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.

If we don't know how to handle the very real emotion of anger, then the devil takes his foothold in our lives and wreaks havoc with our future. Knowing how to deal with our anger will help us to solve life's problems instead of being a victim of them.

Being angry is the right initial response to some of the things that happen in life but what action we take determines whether we're a part of the problem or the solution. Working through the curriculum will give people the tools they need to progress to a mature response to the anger we all experience.

If we don't address the issues of both wounds and anger, they will continue to fuel the growing epidemic of suicide and mass killings that are a worldwide tragedy. Working these new principles into a person's life will help mitigate that trend.

We have scheduled twelve weeks for this but if you need more time, take it. Walking with people through these issues can't be scheduled since progress is based on their responses to truth. They always have the choice to embrace or reject those truths.

It is also a topic that you shouldn't approach alone. You need to have some qualified people on standby ready to help if the wounds start to surface and you don't have the time or expertise to walk through it with the wounded.

Make sure your lead (senior) pastor understands what you're doing so they can be part of the support team and not be surprised by the demands on your time or the issues that are coming to the surface. Have them help you build a safety net of people who can be part of working with the wounds that will surface. It should include people capable of helping with abuse, addictions, gender issues, legal matters, mental health, and spiritual discernment.

Make sure your student's parents are aware as well. Often moving into these topics will bring up things from the past that haven't been dealt with at home. That may make a student moody, withdrawn, or angry when they aren't usually like that. Parents

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also need to be able to support their kids if they end up walking through some tough things from the past; things they may not have been aware of.

There are three intervention points where we can help break the processes that lead to suicide or doing harm to others. First, is the area of wounds. If we can intervene there, then issues of suicide or hurting others goes down. Next, is the area of anger. Equipping people to deal with it in a constructive way precludes the harmful and tragic paths so many are taking now. Finally, if you address the suicide issue proactively you can help those headed down that path before they arrive.

This curriculum will give you all three of these intervention points: Wounds, Anger, and Suicide.

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## The Twelve Sessions and their goals

When you understand the goal, it makes the rest of the material more relevant. If you aren't sure of the goal, you may wonder why certain activities or areas are approached. It will also help you to customize it knowing your individual students.

1. We will begin by looking at the sources of pain in our lives and then sorting out the good from the bad. Not all pain is bad, and we need to be able to recognize that.  
*Our GOAL is to identify the areas we're struggling with as an individual.*
2. Once we know the sources of our wounds, we need to understand the first-aid kit. Learning how the first-aid kit works will enable us to begin to deal with wounds that are still active in our lives but also how to deal with the future ones.  
*Our GOAL is to know how to respond to all wounds and begin to work on any we have now.*
3. We have a very large role in our own emotional health despite the negative roles others may have in our lives.  
*Our GOAL is to learn not to blame others for the pain we experience and how to respond properly to change our future.*
4. At this point we will see if we need additional help from others or need continued help from those who are already walking alongside us.  
*Our GOAL is to determine if we're bleeding out or on the path to healing.*
5. Anger isn't a problem; we should get angry about some things. What we do with the anger is the potential problem.  
*Our GOAL is to understand anger and be able to talk about it. Then we can learn from our experiences and see it as a time for change not a fight.*

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6. From that we will be able to identify where we're in the various areas of our lives. Having the common language that comes with that will enable everyone who is participating to understand and help each other along the way.  
*Our GOAL is to learn about the anger maturity scale, so you can see clearly where we are now and what's next.*
7. Now that we have discussed some critical life issues, how are we doing? Do we need help?  
*Our GOAL is to establish an action plan for a brighter future and avoid the pain of a future anger explosion.*
8. Understanding the Learning Curve of Life will help us identify if we're bleeding or healthy as we try to grow. Do we give ourselves and others the mercy and grace to grow, knowing that Father God gives it to us?  
*Our GOAL is to understand the Learning Curve of Life.*
9. Suicide is a friend stealer that too many of us have experience with.  
*Our GOAL is to understand why it happens and what we can all do to help ourselves and others who are facing the realities of suicide.*
10. When we understand our emotions then we can learn how to get and give help for those who might be suicidal.  
*Our GOAL is to understand how emotions can influence us and how we should respond to them.*
11. Once we understand and know how to use the tools we have we will be able to do the four things anyone can do to help someone that is suicidal.  
*Our GOAL is to be proactive with people in this critical area of suicide.*

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12. To be healthy we will evaluate how we're doing and how to help the friends we're concerned about.

*Our GOAL is to get healthy and stay healthy in these critical emotional areas.*

### **Additional Time Investments**

- ✓ There will be students who need to talk after some, if not, all these sessions: take time to calendar that.
- ✓ You may need a summary day or event for prayer and to wrap this time up.
- ✓ Have a network of others on standby ready to help if needed.
- ✓ Each session is designed for a 45-minute setting. It can be preached but should be taught so that the students can give feedback as they are exposed to the information. It is important to look through all the material before you begin so you can know when to say to someone "we actually cover that next week" or something along those lines. Getting bogged down with questions when the answer is coming later can mean you don't get the first steps accomplished before you tackle what comes next.

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## Accomplishing the Goals

Just hearing information does not mean you understand it or that it will change a life as hoped. *Matthew 13:19* *When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path.*

To eliminate that from happening here are some learning realities we need to integrate into our “teaching” times.

- You remember 10% of what you read.  
For how many of you would that explain your academic career? You read the book but when it came to the test you would swear that the question you missed wasn't in the book.
- You remember 20% of what you hear.  
That is one reason why you have family discussions like this, “I told you to ... No, you didn't” and each person is passionate about their stance.
- You remember 30% of what you see.  
Ask any police officer how unreliable most witnesses are to a crime.
- You remember 50% of what you see and hear.  
If you watch a movie often enough can you recite the lines to it? How about when you get together with your friends? Can you recite almost the whole movie?
- You remember 70% of what you say.  
This is the other side of the “I said ... no, you didn't” conversation. You're more likely to remember what you said because you had to think about it before you actually said it.
- You remember 90% of what you do.  
Sometimes we remember things “like they were yesterday” because we experienced it.
- You only get 100% with the Holy Spirit's help if you understood it in the first place. *John 14:25-26* *"All this I have spoken while still with you. But the*

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*Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.”*

Once you understand that there is a process that must take place before truths can move to your heart and become a part of your life then you can work with the process. You're not assuming that only an information dump changes lives.

### **Learning Curve of Life**

First you must be **exposed** to the teaching. Many people have never heard some of the biblical principles that will be brought up. Even people raised in the church all their lives have huge gaps in their Bible knowledge. Don't rush over any part of any lesson assuming people already know it.

Next, you **experiment** with the new knowledge that you have with varying degrees of success. You see the disciples experimenting with Jesus for three and a half years with varying degrees of success and failure during that time. It will be the same for us and those we're working with despite how talented or gifted some people may appear.

In time, you have **experience** in the new subject. It is a part of you. You aren't necessarily an expert on it, but you can teach others how and they may become much better at it than you are. I can play the guitar but can't read music or do a lot of fancy things with one. However, I have taught some people to play that became very good and play much better than I ever will.

Finally, you may become an **expert** in the field if you have the right gift mix and callings. I'm not an expert guitar player though I started playing over forty years ago. I am however an expert in evangelism and outreach because of the gifts I have and the calling that has kept me working in this area actively for almost forty years.

- The more interactive you make the teaching, the better remembered it will be.
- You need to give the students time to ask questions and let them know that there is no such thing as a bad question.

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- You need to be ready to encourage and debrief them through the experimentation phase where failure is normal. Change, by definition, means failure. You ask enough questions so they can identify what didn't work and why, then their future efforts, at some point, can bring success.
- Finally, not everyone will start from the same place or progress at the same pace. The more leadership that can help with this teaching time, the better chance everyone will have of progressing at their personal pace.
- We have tried to help facilitate these learning realities in the curriculum. If they seem a bit untypical it's because they will help facilitate the learning realities and help the student to retain it until they get it, and it becomes part of their lives.

I started working with students in 1979 and still have them tell me of a lesson they remember vividly because of the “untypical” interactive strategy that we called creating controlled chaos.

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## Session 1

***(all leadership watch the link on wounds prior to the class)***

*YouTube: Recovering from Life's Wounds*

<https://www.youtube.com/watch?v=2ylvmEUK8wI>

**Goal:** We will begin by looking at the sources of pain in our lives and sorting out the good from the bad. Not all pain is bad, and we need to be able to recognize that. From that, our goal is to identify the areas we're struggling with as an individual.

**Rules for sharing** This topic can bring up many issues that can be embarrassing or have legal ramifications. You need to let your group know that what is brought up here needs to stay here. You also need to have a plan just in case something of a legal nature comes to light as well. Find out what the legal requirements are for you if there is abuse or illegal activity that comes forth. If there are reporting requirements, make those known at the beginning of the time so no one feels betrayed if you must report.

Each state is different so get to know your state's policies on required reporting of abuse or illegal activity. Each church should have some policy in place regarding reporting and the chain of command for it. If your church doesn't, then it would be good to get one in place before you get too far down this road.

It is also common for 10% of the participants to monopolize an open conversation. Make sure people understand they are encouraged to share but not babble on. They also don't need to share every detail to get their point across. You can use a three (or less) minute timer if needed to train people how to communicate clearly.

Model a good way to say something versus an unnecessary way to say it so people can begin to formulate how they will open up about issues with clarity and not the confusion of too much detail or innuendo.

Example one:

***Ok, so you know my stepdad well, you know he is creepy and does things that are creepy and yuck. I just don't like to be around him and oh he is so***

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**embarrassing in public and what he does in private, yuck.** Her stepdad could be a serial killer or have the habit of picking his nose or anything in between. Unfortunately, too many people will rush to the conclusion of the more serious story and respond inappropriately to someone who still picks their nose.

Example two:

***She told me everyone did it, so I let her take my pants down and play with me for a long time. I felt weird and cool stuff all at the same time. Wow, that was some babysitter but now I feel guilty and freaked out about sex. I don't even want to get married, or I will have to deal with it again.*** Instead, something more appropriate like this describing the same thing. *"I was touched inappropriately when I was younger."* This is all that needs to be said. As awkward as this may be for you, it isn't the first time most of your students have been exposed to this. If you blush when you say it, they will too. If you don't then they will receive it and be able to work with the tough issues of the wounds many receive in life.

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### Connect ion Point

*Have the biggest scar contest with the winner getting a decent prize. Discuss how we can talk and even laugh about what happened to us. It is possible because it is a healed wound. How did we feel right after the wound? Horrible, of course, and no one was laughing!*

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There are many sources for wounds, but they can all feel the same! We must learn how to identify each one and how to respond appropriately.

- **Nasty** *Proverbs 26:10 Like an archer who wounds at random is he who hires a fool or any passer-by.* (emphasis mine) Nasty people would hide in the woods and shoot at random passerby's; they were the original drive by shooters.

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We all know people who just seem to hurt people randomly or consistently. Often, they are acting out of the hurt that they never dealt with in their own lives, but we can be 100% hurt and innocent anyway.

***Have someone give a real example*** (you or a prearranged plant in the audience).

- **Negligence** *Psalms 38:5 My wounds fester and are loathsome because of my sinful folly* (emphasis mine) What was the dumbest thing you ever did?

***Have someone give a real example.*** (you, or a prearranged plant in the audience).

- **Normal** *Proverbs 27:17 As iron sharpens iron* (sparks must fly for iron to get sharper and it takes others to do it in our lives) *so one man sharpens another.* (emphasis mine)

Some of my best coaches, who pushed me the farthest, were often the hardest to get along with. As they say sometimes the “sparks would fly!”

***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **Needed** *Proverbs 27:6 Wounds from a friend can be trusted,* (those things you don’t want to hear but need to hear) *but an enemy multiplies kisses.* (emphasis mine)

***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **Nurture** *Proverbs 13:12 Hope deferred makes the heart sick,* (the pain of a broken promise) *but a longing fulfilled is a tree of life.* (emphasis mine)  
Expectations can haunt your whole life when someone doesn’t keep promises especially those who are close to us!

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***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **Not in Control** *Ecclesiastes 2:19 Yet they will have control over all the fruit of my toil into which I have poured my effort and skill under the sun. This too is meaningless.* (you have no control over many things in your life) (emphasis mine)

***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **Not Perfect** *Dueteronomy 32:4 His ways are perfect ...* (emphasis mine) Can we really expect that from people? I remember praying with someone at an altar who was sobbing and saying repeatedly, “If it’s not perfect it’s nothing!” That mindset makes life impossible.

***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **Nature** *Luke 21:11 There will be great earthquakes.* Why buy property in San Francisco and then complain when an earthquake hits and you aren’t covered by insurance? They don’t cover things in earthquake zones. Scripture is clear that things can get wild from the “nature” side of things.

***Have someone give a real example.*** (you or a prearranged plant in the audience).

- **“NO”** When your “NO” didn’t stop someone else from being evil.

*2 Samuel 13:6-14 So Amnon lay down and pretended to be ill. When the king came to see him, Amnon said to him, “I would like my sister Tamar to come and make some special bread in my sight, so I may eat from her hand.”*

*David sent word to Tamar at the palace: “Go to the house of your brother Amnon and prepare some food for him.” So Tamar went to the house of her*

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*brother Amnon, who was lying down. She took some dough, kneaded it, made the bread in his sight and baked it. Then she took the pan and served him the bread, but he refused to eat.*

*“Send everyone out of here,” Amnon said. So everyone left him. Then Amnon said to Tamar, “Bring the food here into my bedroom so I may eat from your hand.” And Tamar took the bread she had prepared and brought it to her brother Amnon in his bedroom. But when she took it to him to eat, he grabbed her and said, “Come to bed with me, my sister.”*

*“**No**, my brother!” she said to him. “Don’t force me! Such a thing should not be done in Israel! Don’t do this wicked thing. What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you.” But he refused to listen to her, and since he was stronger than she, he raped her. (emphasis mine)*

IF someone is comfortable sharing an example from this area it would help, if not, perhaps there is someone in the congregation who can share from their past. Opening this area up isn’t easy but students need to know that they can talk about these issues and that this is a safe place to approach these issues.

- **Neglected** Feeling alone and left out is a growing problem. Even with our communication devices, we can feel more alone than ever.
- **Not Listed** You guessed it, there are too many sources to list. As a matter of fact, I keep coming up with new ones all the time. But you don’t want to be here forever, do you?

***Have someone give a real example.** (you or a prearranged plant in the audience).*

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### ? **Where do most of the wounds occur?**

Give examples and get input from your students.

### ? **Who does most of the wounding?**

Give examples and get input from your students.

### ? **Do the same things wound everyone?**

Talk about thick-skinned versus thin-skinned. Each family learns how to respond to things in a different way. In some families, you don't cry so you can appear to have a thick skin and that things don't bother you. But that isn't true. Those things can still hurt even though it doesn't look like it on the surface.

Others scream, yell, and cry over just about everything because that's what they do in their family. That often gets called thin-skinned. You can think they are over-reacting to something but often they are just getting it out and then forget about it. As a result, you can't always tell how hurt someone is by their response.

Do you think the teen years are some of the hardest in life? The simple answer is YES! So many things are new, being learned, tried, and that means wounds. With the proper response you can have a strong, healthy, future. If your wounds aren't taken care of, the future is a challenge. How does your future look?

## **Action**

Hand out 3x5 cards and have the students anonymously write down the sources of their biggest wounds and how well they think they can deal with it. Promise to pray for them and have the grandma's pray as well. Everyone should make friends with the seniors in the church for their wisdom as well as their prayer support.

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### Prayer

*Matthew 18:21-35* Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”

*Jesus answered, “I tell you, not seven times, but seventy-seven times.*

*“Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.*

*“At this the servant fell on his knees before him. ‘Be patient with me,’ he begged, ‘and I will pay back everything.’ The servant’s master took pity on him, canceled the debt and let him go.*

*“But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins. He grabbed him and began to choke him. ‘Pay back what you owe me!’ he demanded.*

*“His fellow servant fell to his knees and begged him, ‘Be patient with me, and I will pay it back.’*

*“But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt. When the other servants saw what had happened, they were outraged and went and told their master everything that had happened.*

*“Then the master called the servant in. ‘You wicked servant,’ he said, ‘I canceled all that debt of yours because you begged me to. Shouldn’t you have had mercy on your fellow servant just as I had on you?’ In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed.*

*“This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.”*

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## Session 2

**Goal:** Once we know the sources of our wounds (3x5 cards from last time) we need to understand the first-aid kit. Learning how the first-aid kit works will enable us to begin to deal with wounds that are still active in our lives but also how to deal with the future ones. Our goal is to know how to respond to all wounds and begin to work on any we have now.

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### Connect ion Point

*Have one of the students share what their wound recovery was like from the biggest scar contest. Did they have a relapse? Did it take longer than expected? What kinds of special things did they have to do and what kind of help was needed to get throughout the process?*

---

There are some physical principles we all know that apply to physical wounds:

*Clean it out*

*Keep it clean*

*If it is bigger than what you can do by yourself, get some help.*

- ? Have students share some stories of their wounds and what it took to take care of them.
- ? What happens if we don't clean them out?
- ? Did anyone neglect a little wound that became bigger because of the neglect?
- ? How many had something that needed doctors, emergency rooms, and/or surgery?
- ? What would life be like if you had not received help?

Have a prize for the wound that had the biggest impact on a life.

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? Once people are on the same page mentally, ask what do we do it when it is our heart that gets wounded. The healing principles are the same.

**Clean it Out** *1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Confession is critical as we're often, at least partially, responsible for what happens to us. Everything takes two people and we do have to deal with our part in the issue. There are other times when we're 100% innocent but too often we will feel condemnation about it even when innocent.

How often do students think that their parent's divorce is their fault? Yet it's never their fault. Confession takes care of either end of the spectrum (100% innocent or 100% guilty) and allows freedom for the healing to begin. This isn't always easy but always necessary. We can give excuses like, "I'm fine" or "it's okay" when it really isn't.

**Keep it Clean** *Matthew 5:43-47 "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that?"*

This is one of Jesus' ways that is very counter-culture and can be difficult to do. If we don't, however, every time we think about the person who wounded us (now our enemy) it opens up the wound again unless we start to protect it with a prayer of blessing on them.

Give an example of what that might sound like.

"Father I come in Jesus name and ask that you bless ----- with good health, an abundance in finances, and clear direction for their lives." In other words, you pray for

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them what you would wish for yourself. Not the “Kill em and make it look like an accident” we might want to pray.

**Bigger than what you can do, get some help** *Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.*

Asking for help is not a sign of weakness but of wisdom. As smart as it can sound, it is difficult for many people. Too often we think we must be a super Christian that never needs help because we're so spiritual. Yet reading the Bible will give us all kinds of examples where we're to seek help and give it.

*1 Corinthians 12:21 The eye cannot say to the hand, “I don't need you!” And the head cannot say to the feet, “I don't need you!”*

*Matthew 7:7 “Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.*

### 1. **We resist the help we need**

Clean it out

Keep it clean

If it's bigger than what you can do get some help

### **Resisting the “Clean it out”**

The Two-fingered man

I met a man after church one day who had lost three fingers. He sheepishly told me how he had neglected a sliver until it got infected and eventually led to blood poisoning, gangrene, and the loss of the three fingers.

It was unfortunate for him, but it helped me a lot with my own kids who would hide the fact that they had a sliver. Once I told them the story they would run into the house just moments after getting a sliver asking desperately, “is it too late?” I would respond with “just barely in time.” I wanted them to get good at asking for the help they really did need.

# When Hurt turns to Hat e and Hopel essness

## **Resisting “Keep it clean.”**

We also tend to resist keeping it clean by praying for our enemy (the person who hurt us). We think it’s not fair, they deserve to be punished, and it’s not right. All of these are true but it’s not our job to punish them. Our job is to heal, to be ready for our future, and not slowly bleed from our past.

*Romans 12:19 Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.*

## **Resisting “Get some help!”**

Asking for help becomes our final source of resistance. If this is a big problem with your group, share some personal stories of asking for help and the benefits of it.

### **2. Sources can all feel the same!**

Doesn’t matter what the source of the wound is, they all feel the same.

*Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

## **Trained by it**

First you have to apply the first-aid kit. Let it work its full course until the healing is real. This can take a while depending on how severe the wound or how long ago it happened.

Then you have to respond accordingly so that you can be trained by it. Maybe you need to **avoid** the person or the situation. You may be setting yourself up for the problem reoccurring when really you need to stop the problem by stopping the opportunity before it can happen again.

I had a guy where I grew up who used to throw rocks at me when I walked past his house. Solution? Don’t walk past his house.

Often you need to look at **changing your behavior**. My mouth used to get me into a lot of trouble. It was no one else’s fault but mine. For me there were plenty of

## When Hurt turns to Hat e and Hopel essness

scriptures that came into play to change the way and the when of my speaking. *James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,*

### **Action:**

Are there any issues that we have neglected to clean out, keep clean, or ask for help? If so let's take a moment to deal with them or recognize that we need help and begin the process of getting it.

Do I need to change my behavior in any ways?

Am I wounding myself on a regular basis?

Do I end up in situations where I'm in the "wrong place at the wrong time" too often?

How can I do something different than what I have done in the past?

-Recognize the problem

-Ahead of time, come up with another option

-Practice the other option before you need to use it

-If you still make the same mistake the next time, ask for forgiveness, clean up the mess with others, and make yourself accountable to someone who will pray with you, for you, and ask you how it is going in that specific area of life.

### **Prayer**

*Revelation 3:20 Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.*

Give people a chance to open their hearts and receive Christ as Savior, Lord, Healer, and Forgiver

# When Hurt turns to Hat e and Hopel essness

## Session 3

**Goal:** Our goal is to learn not to blame others for the pain we experience and how to respond properly to change in our future. We have a very large role in our own emotional health despite the negative roles others may have in our lives.

---

### Connect ion Point

*Have a golf putter set up and a cup to putt a ball into it. Make it a challenging distance so most people will miss it. Let a few try and then ask why didn't it work? It has nothing to do with the ball, putting surface, or putter, it is only the human who misses. But see what people say as to why it doesn't go in. We don't like to take blame for our actions and the world we help create.*

---

### Learn from it, don't blame

Before we begin a construction project with students on a mission trip, we have them pick up a hammer and say to it "It's never your fault!"

Before we begin teaching people how to play baseball, we have them pick up a mitt and say to the mitt, "It's never your fault!"

We need to realize that it is operator error not the equipment. We must learn from reality and not perpetuate our mistakes over and over and over again. If our problem is **unrealistic expectations**, then we need to adjust those expectations to fit the real world that we live in. When we're learning something new we will fail along the way as we learn. No person is perfect. Our view isn't always right.

Finding our path in life will also take some discipline just like the smack on the hand we received as a toddler when we reached for the electrical socket. **Is it guidance?** Is this a "NO" from heaven so we need to continue looking for a new path or wait for the right timing? There are many reasons for the "NO" from heaven. Each "NO" is a good thing.

## When Hurt turns to Hat e and Hopel essness

*Hebrews 12:5-13 And have you completely forgotten this word of encouragement that addresses you as a father addresses his son? It says,*

*“My son, do not make light of the Lord’s discipline,  
and do not lose heart when he rebukes you,  
because the Lord disciplines the one he loves,  
and he chastens everyone he accepts as his son.”*

*Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father? If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

*Therefore, strengthen your feeble arms and weak knees. “Make level paths for your feet,” so that the lame may not be disabled, but rather healed.*

The level path includes figuring out the source and how we should respond to it and getting the help to do it if we need it.

In professional football, an injury begins rehabilitation as soon as the swelling goes down. They don’t let injuries just sit and heal on their own. If you just sit the lame become “disabled.”

As you go through the list this time have a student give an example for each one. Make sure that one person doesn’t monopolize the discussion but also that no one is forced to share. You can also contact students ahead of time, so they can be ready to share on specific topics.

**Nasty** *Proverbs 26:10 Like an archer who wounds at random is he who hires a fool or any passer-by.*

**Avoid .... 911 .... Break out the first-aid kit**

Example:

## When Hurt turns to Hat e and Hopel essness

**Negligence** *Psalms 38:5 My wounds fester and are loathsome because of my sinful folly.*

**Learn don't blame**

Example:

**Normal** *Proverbs 27:17 As iron sharpens iron, so one man sharpens another.*

**Learn don't blame, Is it guidance?**

Example

**Needed** *Proverbs 27:6 Wounds from a friend can be trusted, but an enemy multiplies kisses.*

**Learn Don't Blame, Is it guidance?**

Example:

**Nurture** *Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.*

**Break out the first-aid kit, adjust expectations**

Example:

**Not in Control** *Ecclesiastes 2:19 Yet they will have control over all the fruit of my toil into which I have poured my effort and skill under the sun. This too is meaningless.*

**Learn don't blame. Is it guidance?**

**Learning to have the joy of obedience not the joy of results**

(Simply stated the joy of obedience is our best effort regardless of the outcome. If indeed it was our best effort, then the Father says well-done good and faithful servant despite the outcome.)

Example:

**Not Perfect** *Dueteronomy 32:4 His ways are perfect ...*

Can we really expect that from people?

**Learn don't blame and adjust your expectations**

## When Hurt turns to Hat e and Hopel essness

Example:

**“NO!”** *2 Samuel 13:6-14* When your “NO” didn’t stop someone else

**Break out the first-aid kit, avoid, and call 911 if appropriate**

Example:

**Neglected** Feeling alone and left out is a growing problem. Even with all our communication devices we can feel more alone than ever.

**Learn, don’t blame**

**Nature** *Luke 21:11* *There will be earthquakes*

**Learn, don’t blame, and move if you need to**

Example:

**Not Listed**

**Break out the first-aid kit,**

**Learn don’t blame,**

**Is it guidance, avoid, etc.**

Example:

**Action:**

What is the one area we can work on this week?

Do we need some help with this or is this a, me and Jesus issue?

**Prayer**

*John 16:33* “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

# When Hurt turns to Hat e and Hopel essness

## Session 4

**Goal:** Our goal is to determine if we're bleeding out or on the path to healing. At this point we will see if we need some additional help from others or in need of continued help from those who are walking alongside us.

---

### Connect ion Point

Hand out 3x5 cards and have them write down how they think they are doing. If they think they might need some help, they can give out a contact email etc. They can hand this in at the end.

---

*Hebrews 12:12-13 Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet, so that the lame may not be disabled, but rather healed.*

### What does a level path look like?

The right response continued over time until it is healed. With help or without it must be the right response over time. Time here is not measured in minutes but often weeks, months, or years.

### Quick review

Break out the first-aid kit

Learn don't blame

Avoid

Is it guidance?

Call 911

**Don't hide it, ignore it, or avoid it. If you do, then the "lame becomes disabled."**

## When Hurt turns to Hat e and Hopel essness

**Quickly cleaning up messes and wounds is a key aspect of staying emotionally healthy for the long haul. Jesus let us know that we need to get good at it, or there can be a very high price.**

*Matthew 5:23-26* “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

*“Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison. Truly I tell you, you will not get out until you have paid the last penny*

Once you have figured out what has happened, start cleaning up the outside and inside messes.

Here are a couple of scenarios to help process the information.

- Mom and daughter have a blow-up argument over fashion choices.
- Son and mom thought they were talking about the same thing until she starts yelling at him for not listening to her.
- You break somebody’s “favorite” item.

### ? **What are some messes that are hard to talk about or deal with?**

Think of people you know or people your age as well. Give them the opportunity to talk about “their friends” (when they are really talking about themselves)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

*Hebrews 12:11* No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

## When Hurt turns to Hat e and Hopel essness

**The problem is that all wounds feel the same regardless of the source!**

Trained by it:

1. First-aid kit
2. Respond accordingly

Avoid: Do you have to be exposed to this or can you change the circumstances?

Change your behavior: We start out pretty selfish ie. feed me, change me, hold me, etc. We have to grow into the correct behavior for life to work.

Expectations Adjustment: Will you always be disappointed and hurt by the way you think it should be?

It is guidance? Is Father God trying to guide your life with a “NO,” or “NOT NOW?”

Learn, don't blame: When something falls apart take responsibility for it and learn from it ... don't blame.

Call 911: If it is illegal or immoral, don't try to fix it yourself. There is a reason why it's a serious issue that needs to have serious attention

3. Apply it now by rehearsing what should be done in each of these kinds of situations. Romans 12:2 says, that our minds need to be renewed. We have new ways of dealing with issues and to do that it helps to rehearse them beforehand.

**Nasty** *Proverbs 26:10 Like an archer who wounds at random is he who hires a fool or any passer-by.*

**Avoid ...-. 911 ....**

Example: Locker neighbor waits for you at your locker every day to toss a verbal nasty at you.

## When Hurt turns to Hat e and Hopel essness

**Negligence** *Psalms 38:5 My wounds fester and are loathsome because of my sinful folly.*

### **Learn don't blame**

Example: Your discussion with the teacher turned into a “you're an idiot” comment from your lips.

**Normal** *Proverbs 27:17 As iron sharpens iron, so one man sharpens another.*

### **Learn don't blame, Is it guidance?**

Example: Your mom (you're a girl) tells you that the top you're wearing is a bit too revealing. Your dad (you're a guy) says that the bike you want to toss can be fixed and sold if you don't want it any more.

**Needed** *Proverbs 27:6 Wounds from a friend can be trusted, but an enemy multiplies kisses.*

### **Learn don't blame**

Example: Your best friend tells you that the youth pastor was right on with the message he shared while you thought it was stupid and didn't apply to anyone in the room.

**Nurture** *Proverbs 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.*

### **Break out the first-aid kit**

Example: Your folks promised a car for your 16<sup>th</sup> birthday but you got a project that will take months of work with your dad to be drivable and you're embarrassed because you talked it up at school.

**Not in Control** *Ecclesiastes 2:19 Yet they will have control over all the fruit of my toil into which I have poured my effort and skill under the sun. This too is meaningless.*

Example: Your class project was a group project. On the day you're to present you realize that you're the only one who finished their part of the project and everyone else is hoping you can pull it off with your quarter of the work.

## When Hurt turns to Hat e and Hopel essness

**Not Perfect** *Deuteronomy 32:4 His ways are perfect ...* Can we really expect that from people?

Example: You thought “he” was perfect until he completely forgot it was your birthday.

**Nature** *Luke 21:11 There will be earthquakes*

Example: You get really upset when your bike that you left outside all winter won't work when you want it to. In the Spring, your friends head out on a bike ride without you.

**“NO!”** *2 Samuel 13:6-14*

**When your “NO” didn't stop someone else**

Example: You have a relative who you fear seeing at family gatherings.

**Not Listed**

Example: Leave this open for others to share their wounding situations that haven't been covered yet.

### **Action:**

Have them turn in the 3x5 cards for themselves and for their friends they are concerned about. Have them list the wounds that are still hurting. It can be anonymous or if they want to talk about it, they can give their names and contact info.

### **Prayer**

*Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*  
Lord help us to be trained by what we have gone through.

# When Hurt turns to Hat e and Hopel essness

## Session 5

**(all leadership watch the link on anger prior to the class)**

YouTube: *Dealing with the Anger Within*

<https://www.youtube.com/watch?v=Sde-KAj3FgI>

**Goal:** Anger isn't a problem; we should get angry about some things. What we do with the anger is the potential problem. Our goal is to understand this and be able talk about it. Then we can learn from our experiences and see anger as a time for change not a fight.

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### Connect ion Point

Show a clip from one of the Avenger movies showing the Hulk going out of control. If that isn't available read some of the quotes here from articles that are footnoted here.

From the Article "Boy Meets Girl, Boy Beats Girl,"

*"The attitude is learned. Most batterers—male or female—were hit as children or saw their parents hit; gangs exacerbate the pressure to use force. Gang brother: Sam used to beat his girlfriend. But the 18 year old from Southern California, who has gang initials tattooed on his left knuckles insists, "It's not because you are in a gang. It's because you have anger inside." The first time Sam punched his girlfriend, he says, "I turned off my mind and put in pictures"—of violence at home, of a gang brother smacking his wife at a party. Sam left his girlfriend bloodied. Though he was upset by what he had done, he picked up a beer and turned away. "When you hit a girl in front of your homeboys, you 've got to act like a man."*

("Boy Meets Girl, Boy Beats Girl", Newsweek December 13, 1993)

From the article "Why Parents Kill," *Roughly 1,300 children are killed by their parents or close relatives each year—including about two thirds of homicide victims younger than 10. In the vast majority of cases, it is not a deliberate, premeditated act, but the final episode in a long pattern of violence.*

## When Hurt turns to Hat e and Hopel essness

(“Why Parents Kill” Newsweek November 14, 1994. pg 31)

From the newspaper article “Man will be charged in shaken-baby death.”

*Lewis county prosecutors will formally charge a Centralia man with second degree murder this afternoon after an infant he allegedly shook died from it’s injuries this morning at Mary Bridge Children’s Hospital and Health Center in Tacoma. According to charging documents Davis was babysitting his girlfriend’s 3-month old infant early Saturday morning at her Napavine home, and the baby was crying.*

*Prosecutors allege Davis shook the baby so hard that his girlfriend immediately recognized that the baby was in extreme trauma when she returned home from work later that morning.*

(“Man will be charged in shaken-baby death” The Chronicle Lewis county WA)

From a newspaper article: “Teen charged with homicide by assault in ref death”

*“The punch occurred after what often are the most dramatic moments of any soccer game—the issuance of a yellow card by the referee. Portillo (the ref) whistled the teen for pushing an opposing player during a corner kick.*

*As soccer players often do—professionals included—the teenager began arguing with Portillo about the call. But then the teenager went past the usual bickering, hitting Portillo in the rear jaw area with a closed fist, court documents state. Portillo was writing the teens name on his notepad and didn’t see it coming. Portillo fell to the ground and lay in a fetal position, complaining of pain and saying he felt nauseated, police reports show. There were no visible injuries, but when he spit up blood, an ambulance was called. Portillo was taken to a hospital in fair condition. Hour later, he went into a coma. He never regained consciousness and died on Saturday.*

(“Teen charged with homicide by assault in ref death” The Associated Press copyright 2013 by Brady McCombs”

From a newspaper article: “Vampire fan given life for horror killing”

*Allan Menzies claimed he had been told to kill Thomas McKendrick, 21, by a character in horror film Queen of the Damned, which he had watched 100 times. But*

## When Hurt turns to Hat e and Hopel essness

*the former security guard snapped when his friend insulted the vampire—played by the late US singer Aailyah. He battered him over the head and repeatedly stabbed him.* (“Vampire fan given life for horror killing” [London Metro](#) October 9, 2003)

From CNN article:

*A 9-year-old boy retrieved a gun from his parents bedroom and shot his 13-year-old sister to death, authorities said, after the two got into an argument over a video game controller. The incident occurred over the weekend in rural Monroe County Mississippi, as the children’s mother was preparing lunch in the kitchen, the county sheriff said.*

([CNN](#) Mercedes Leguizamon and Saeed Ahmed March 19, 2018)

From an article by CNN on the Nikolas Cruz school shooting.

*On social media, Nikolas Cruz did not appear to be a peaceful man. He made quite clear his desire to perpetuate the exact type of violence of which he now stands accused.*

*A former classmate said Cruz had shown him guns, and other students say they worried he was violent.*

*He was a smaller kid and there’s some indication there might have been some bullying going on, but again, he’d been away from the school for over a year and had never shared with them any contempt for the school or anybody there—no anger, just a lot of depression and stuff going on around the loss of his mother,” the Lawyer said.*

*A law enforcement official told CNN earlier Thursday the FBI had received two reports regarding potential threats from the shooter. Cruz usually kept to himself but “once given the opportunity, he liked to talk,” said Brandon Minoff, a senior who was assigned to a group project with Cruz during his Sophomore year. “He always seemed very quiet and strange,” Minoff said.*

([CNN](#) online, Feb 14, 2018)

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# When Hurt turns to Hat e and Hopel essness

## The Bible and Anger

1. *Ephesians 4:26-27* “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold.
2. *Mark 3:4-6* Then Jesus asked them, “Which is lawful on the Sabbath: to do good or to do evil, to save life or to kill?” But they remained silent. He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, “Stretch out your hand.” He stretched it out, and his hand was completely restored. Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus.
3. *Matthew 21:12* Jesus entered the temple courts and drove out all who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves.
4. *Mark 11:15-16* On reaching Jerusalem, Jesus entered the temple courts and began driving out those who were buying and selling there. He overturned the tables of the money changers and the benches of those selling doves, and would not allow anyone to carry merchandise through the temple courts.
5. *John 2:15* So he made a whip out of cords, and drove all from the temple courts, both sheep and cattle; he scattered the coins of the money changers and overturned their tables.

? Did Jesus get angry?

? Should we get angry?

? Good anger or Bad anger?

## When Hurt turns to Hate and Hopelessness

**? List ten things that would qualify as “Good Anger” and ten that would probably be “Selfish or Bad Anger.” Discuss each one.**

Good Anger	Selfish or Bad Anger
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10

**Hate is Anger’s fruit when the tree is fertilized with unforgiveness.**

**? How many of you have started a midnight snack and not finished it?**

**? What did it look like when you found it later?**

**Anger left unresolved becomes scary.**

# When Hurt turns to Hat e and Hopel essness

## Act ion:

Pass out a piece of paper with the situations listed below. Have the students give themselves a grade for each one. Again, it can be anonymous, or they can have their name and contact info on it.

How do we do in each of these situations:

Home?

School?

With Friends?

In Sports?

Etc.

## Prayer

*James 1:20 because human anger does not produce the righteousness that God desires.*

Lord, help us to deal with anger the way you do!

# When Hurt turns to Hat e and Hopel essness

## Session 6

**Goal:** Our goal is to learn about the anger maturity scale, so we can clearly see where we're now and what's next. From that we will be able to identify where we're in the various areas of our lives. Having a common language that comes with that will enable everyone who is participating to understand and help each other along the way

Anger is a maturity issues not a genetic problem. We can change but it is like riding a bike uphill. You make steady progress if you don't quit. If you quit, then you stop, and eventually begin to go backward. Don't stop pedaling uphill, when you get to the top you can see clearly what's next.

**Pass out the blank form: Anger Maturity Scale (see appendix pg. 74)**

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### Connect ion Point

Have several students act out the six levels of the Anger Maturity scales as you explain it the first time. It will bring some laughter as they do the six levels, but they will connect as they watch their friends and are introduced to the six levels. They will complete the blank form as the levels are introduced.

---

### Anger Maturity Scale

1. Temper Tantrum
2. Hit and Grunt
3. Point and Shout
4. Silence
5. Try to say it Right, but it comes out Wrong
6. Right Time, Place, and Solution

# When Hurt turns to Hat e and Hopel essness

## Four Basic People Solutions

**#1 I'm right, you're wrong.** We tend to gloat over people when we're right and they're wrong. The quote "you reap what you sow" can become very relevant when it's reversed and they're right and you're wrong.

*Matthew 7:12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.*

*Ephesians 4:15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*

*Job 4:8 As I have observed, those who plow evil and those who sow trouble reap it.*

*Galatians 6:7 Do not be deceived: God cannot be mocked. A man reaps what he sows.*

### **#2 I'm wrong, you're right.**

*James 1:21 Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.*

**#3 We're both wrong.** We seem to feel like we have the right to an opinion even when we have no clue about the subject. We need to be able to back out before it's gets too bad or before it even starts with "I don't know anything about that."

*Proverbs 18:17 In a lawsuit the first to speak seems right, until someone comes forward and cross-examines.*

We all seem to feel the right to have an opinion about a subject even when we have no clue about it. To prove this point, I have asked thousands of students what they think of the "Seattle Dolphins." Periodically, I get some people that are enthusiastic fans and others who are detractors. Most people look at me questioningly.

There is no such thing as the "Seattle Dolphins." But I have had fights generate from the loyal fans and detractors. Moral of the story? We seem to like to talk with or without something to say. Many students admit to making up much of what they say as they go along ... thus it isn't uncommon for them both to be wrong.

## When Hurt turns to Hat e and Hopel essness

Sometimes we just need to admit that we don't know anything about the subject and just get quiet.

Other times both parties in the discussion have partial or incorrect information that they think is complete and accurate. In those cases, we have to admit that there is some wiggle room if more information is available.

**#4 We're both right.** There are always two sides to every coin, six sides to every box and unlimited viewpoints on an issue. No one sees everything. That's why the Body of Christ represents Jesus, not an individual.

God's example for mature anger was the right time: 2000 years ago, the right place: Jerusalem, and the solution was Christ on the Cross: "The wrath of God was on him" on the cross so it doesn't have to be on us.

### Act ion:

After they have completed the scale, have them identify where they are on the scale in each of these areas of life:

Home  
School  
Church  
With Friends  
With Enemies  
With Media

#### Anger Maturity Scale

1. Temper Tantrum
2. Hit and Grunt
3. Point and Shout
4. Silence
5. Try to say it Right, but it comes out Wrong
6. Right Time, Place, and Solution

### Prayer

*Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.*

# When Hurt turns to Hat e and Hopel essness

## Session 7

**Goal:** Now that we have discussed some critical life issues; how are we doing? Do we need some help? Our goal is to establish an action plan for a brighter future; and avoid the pain of a future anger explosion.

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### Connect ion Point

Act out the drama that is included in the appendix. At each “input point” have the students vote on which reaction level they want to see happen. Then at each new “input point” vote again and see where the drama goes. You can repeat it to get a better result or worse result just to see the range of reactions that can happen and how much our anger maturity influences our lives. (Appendix pg. 76)

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**We’re now going to work down the back side of the mountain as we look at the Anger Action Scale. (Appendix pg. 75)**

### File Cabinet Reality

Since we were conceived, our life experiences have gone into our mental file cabinet. When we face daily decisions, we make them based on what is in our mental file cabinet. For many of us, what is in there needs to change so that we can fulfill that life Father God has planned for us.

*Romans 12:2 “Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”*

*Psalms 119:9-11 How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.*

Thinking and understanding God’s thoughts instead of reliving your past is based on learning to respond the Jesus way instead of ours. Here are some tips for

## When Hurt turns to Hat e and Hopel essness

memorizing scripture. Knowing scripture means we have a chance to respond differently than the way we were raised. In anger, this is especially important.

***After all, how many of us have found ourselves doing the very things that we swore we would never do because we saw our parents doing them!***

Some people learn best by hearing something repeatedly. If that is you, then reading the scripture portion out loud maybe helpful or listening to a downloaded portion of scripture. If you're more of a visual person, then having it written down in front of you and potentially attaching small pictures or figures to specific words may help.

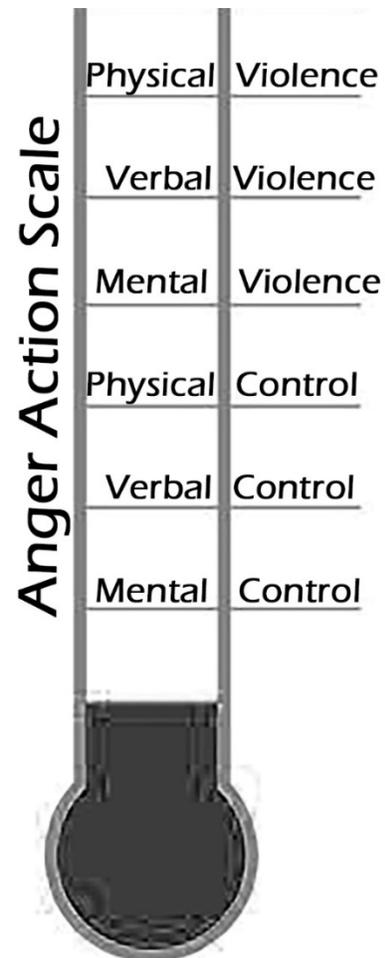
The key is don't try to memorize too much too fast. You're better off to learn two verses a week than twenty verses in one day.

### **Anger Action Scale**

Now we're going to look at the Anger Action Scale. Think of this as a thermometer that you want to keep cooled off. Starting at the top is the ultimate expression of anger: Physical Violence. We already know this doesn't work even though culturally we solve all kinds of problems this way on T.V.

Below that is Verbal Violence. Typically, there is some form of Verbal Violence before there is Physical Violence. Unfortunately, we have become a verbally violent culture where we trash talk just about everywhere. We're used to verbal assaults by comedians, politicians, fighting couples, musicians, besides the constant verbiage on the basketball court or football field.

Below that is Mental Violence. Since we aren't creative and angry at the same time we may have decided that mental violence was an option. We fill a mental bucket full of everything we wished we'd said in



## When Hurt turns to Hate and Helplessness

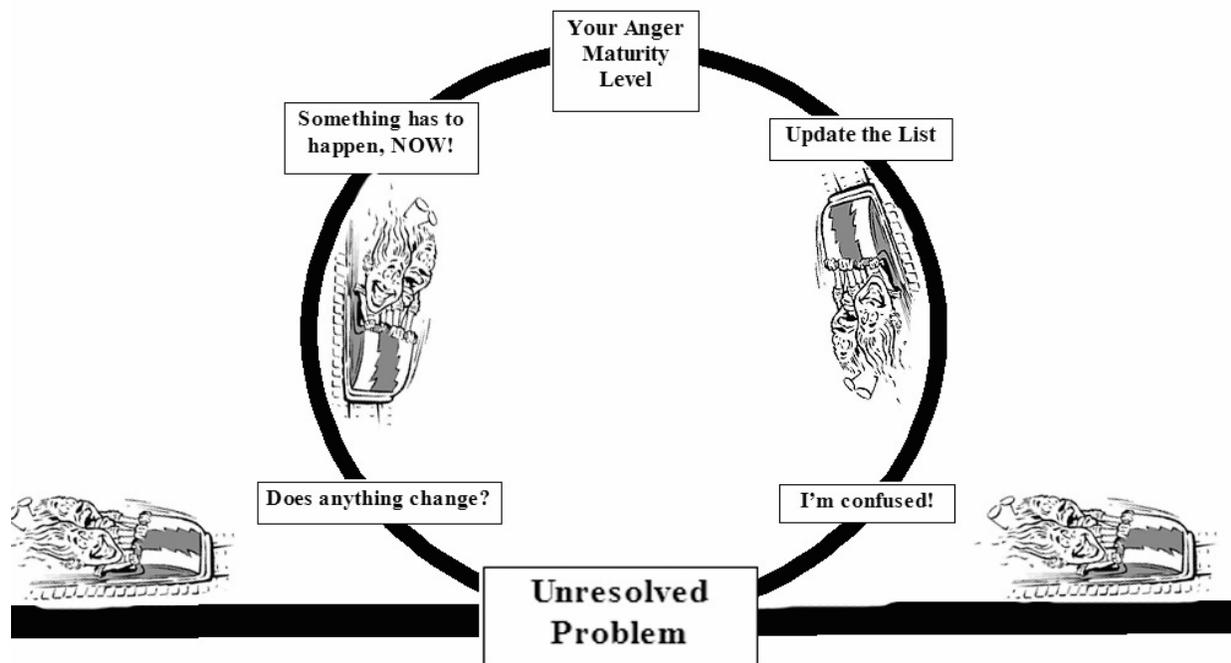
the past but often once we start to tip the bucket; everything flows out. Sometimes we will say someone snapped or exploded but it really began with mental violence and filling a mental bucket

### Work down the progression just like you saw in the video.

- To keep us cooled off as far as possible; you have to have Physical Control.
- Next is Verbal Control.
- Finally, there is the need for Mental Control.
- The pool at the bottom is where it all comes from.

### Conflict Roller Coaster

If you struggle with anger issues, it is easy to get stuck in the Conflict Roller Coaster



When you look at the conflict roller coaster, you will see a pattern that many people are stuck in. The lower line represents heading down the road of life. If things are going your way, you can breeze along, enjoy the view, and learn from your new experiences.

## When Hurt turns to Hat e and Hopel essness

However, you will eventually run into a problem that, if it isn't quickly resolved, will send you into a roller coaster loop that is difficult to leave. When the event happens without resolution you start off with confusion.

If you don't go back and resolve it you will update the list of the other times this has happened to you and attach blame to someone or even God for the unresolved problem(s).

Then depending on your anger maturity level, you will determine how to respond at this point. If you're stuck in silence, then the "something has to happen" becomes nothing and there is no change, and the loop continues to be the daily experience of the people involved.

You can always tell when someone is stuck in a conflict roller coaster. They refer to that event as the pivotal event of their lives or the reason for their current condition.

As you learn to recognize the conflict roller coaster you can address the cycle at several places. First, the confusion phase can be a red flag that you need to go back to the event and get more information and begin to solve the problem before it advances on to updating the list.

If you don't recognize it there as you begin to update the list, you need to see that part of the cycle for what it is and go back and resolve the problem.

If that doesn't happen, then as your maturity improves, you can get to point where you're involved in the right time, place, and solution level, end up with a good resolution, and then move forward to new things in life.

Once this is explained, it's time to see where on the cycle people might find themselves or others that they know. Then it's time to resolve the issue and move forward.

### **Teen Example:**

Son goes to Mom and asks for permission to go somewhere on Friday night. She says "NO!" Initially, he is confused. Why did she say that? He stomps off for his room. Then he adds this experience to the others on the list; she always says 'No'.

## When Hurt turns to Hat e and Hopel essness

He is at the point and shout level of anger, so he heads back downstairs, points and shouts, and gets grounded for a month. Heading back to his room, he determines to sneak out anyway and deal with the consequences when he decides to come home.

This is not a happy home and will only get worse. Let's give the son a second chance.

Son goes to Mom and asks for permission to go somewhere on Friday night. She says "NO!" Initially, he is confused. Rather than stomping off to his room, he says "I know this is your decision, but I would like to know why you said no."

She responds that last weekend he snuck out when she said "no" and she can't trust him as this point. He apologizes and heads to his room knowing it is totally his fault and that he needs to earn her trust again before he starts asking for privileges.

He didn't get what he wanted but the home will be happier, and he has plenty of time to catch up on his homework and chores. He may even get a few privileges back even though he is technically grounded for the week

### **Work Example:**

Often when you're an employee, you say yes to any of the boss's requests. But as you head back to the desk, you start to think about the project and realize you probably can't do it at this point.

Here you have a choice, you can get mad at the boss for doing this to you again or you can quickly go back and get a few more questions answered before you attempt the project. Asking the questions means you don't know it all but it also allows you to get it done.

Sitting at your desk complaining about your boss will only result in health problems, anger issues, and a shorter career in this location than it could have been.

### **Family Fighting Rules**

When people are trying to work together it is important that they use a common language. This helps solve the problem instead of making it worse. Use the common language of the anger maturity scale and the anger action scale.

## When Hurt turns to Hat e and Hopel essness

In addition, you need to express issues based on their real-world intensity level. For example, if you don't get what you ordered at a restaurant you should respond differently than if your home is shot up by gang members.

### Act ion:

1. Am I on a Conflict Roller Coaster right now?
2. Where could I change the outcome?
3. Have I memorized any scripture that I now use in my life?
4. Should I make that a part of my life?

### Prayer:

*2 Peter 2:22 Of them the proverbs are true: "A dog returns to its vomit," and, "A sow that is washed returns to her wallowing in the mud."*

*Romans 7:15-25 I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.*

*So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!*

*So then, I myself in my mind am a slave to God's law, but in my sinful nature a slave to the law of sin.*

## When Hurt turns to Hat e and Hopel essness

**Print the Scripture Memory List (in Appendix pg. 78) and hand it out with some encouragement and a realistic goal for each person to memorize but more importantly begin to put it into practice.**

# When Hurt turns to Hat e and Hopel essness

## Session 8

**Goal:** Our goal is to understand the Learning Curve of Life. We will be able to identify if we are bleeding or healthy as we try to grow. In addition, do we give ourselves and others the mercy and grace to grow knowing that Father God gives it to us? This could break down into two lessons with the initial part with the prayer example illustrating the Exposure, Experimentation, Experience and Expert phases.

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### Connect ion Point

Learn how to juggle from the complete klutz books. Get a volunteer to come up and work through the initial step. See Appendix pg. 80 for the details.

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### The Learning Curve of Life

(we covered this on page 12 for the leader's background issues but this is the first time for the students to walk through this)

**Exposure** *Romans 10:14* *How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?*

? Most of us have seen juggling before but how many of us have tried it before?

?

Head knowledge is different from being able to do it. It starts with head understanding but must grow into practice to be a part of our lives.

Let's look at the example of prayer. Most of us have been exposed to it.

## When Hurt turns to Hat e and Hopel essness

Just when we think we understand, we need to see if we really do understand in the next phase, Experimentation.

**Experimentation** *Matthew 13:19* When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path.

So now we try to pray. Take five minutes to do just that and pray about the challenges you're facing and people you care about.

? How many of you almost feel asleep? (The first disciples struggled with this too!)

*Matthew 26:39-40* Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

*Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter.*

? How many of you got distracted by other thoughts?

*2 Corinthians 10:5* We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

? How many of you got bored?

*John 14:6* Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me.

When you actually do get through to the presence of Father God, it is not boring!

? How many of you realized you didn't know how to pray as you might have thought you did?

## When Hurt turns to Hat e and Hopel essness

Now let's try it again, with the better understanding we now have.

Debrief again and see how it went this time.

**Experience** *Matthew 7:24* "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.

- ? Ask if anyone has a consistent Bible reading/study plan they are doing that works for them?
- ? How long did it take to establish it?
- ? Could they teach someone else to do it too?
- ? What have been some of the benefits of it?

**Expertise** *Hebrews 5:12* *In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food!*

Not everyone can become an expert at all things. We each have giftings and callings that will make some areas strong in our lives and others very weak because we aren't gifted or called to that part of the life of Christ! When we're learning something new or wanting to improve, it is good to be able to find those who are really good at it to grow the most (an Expert). If you're just starting, then someone with experience can be of great help but they won't be able to take you as far.

*Ephesians 4:11-13* *So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.*

## When Hurt turns to Hat e and Hopel essness

We forget that the average child falls down 300 times before they learn how to walk. But that also means they got up 300 times. We need to take that into account when we're learning new things like learning how to deal with our anger.

Now here is Peter's example to us of his learning things the hard way! Peter was a successful business man and fishermen. But when he started to follow Jesus he was a complete rookie and beginner in all phases of the spiritual life.

### **Peter in the following three examples:**

#### **Fear and Faith**

*Matthew 14:22-31 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.*

*Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear.*

*But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."*

*"Lord, if it's you," Peter replied, "tell me to come to you on the water."*

*"Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"*

*Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"*

Peter has enough faith to get out of the boat and walk towards Jesus but became fearful at the sight of the wind and began to sink. The fact that Jesus just reached out his hand to catch him, tells us that Jesus was right in front of him the whole time. It shows us how we can be overwhelmed by fear when we could be looking straight into Jesus's eyes and continue in faith. Fear and faith always fight!

## When Hurt turns to Hat e and Hopel essness

? What are some examples in our lives of starting to do something and having it fall apart?

? What kinds of fears do we face in our challenges?

### Hearing God's Voice

*Matthew 16:13-23* When Jesus came to the region of Caesarea Philippi, he asked his disciples, "Who do people say the Son of Man is?"

*They replied, "Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets."*

*"But what about you?" he asked. "Who do you say I am?"*

*Simon Peter answered, "You are the Messiah, the Son of the living God."*

*Jesus replied, "Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven." Then he ordered his disciples not to tell anyone that he was the Messiah.*

*From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, the chief priests and the teachers of the law, and that he must be killed and on the third day be raised to life.*

*Peter took him aside and began to rebuke him. "Never, Lord!" he said. "This shall never happen to you!"*

*Jesus turned and said to Peter, "Get behind me, Satan! You are a stumbling block to me; you do not have in mind the concerns of God, but merely human concerns."*

Peter had heard from Father God on exactly who Jesus was. Because he did, he received the keys to the Kingdom. When he failed shortly after that, he did not lose the keys but was corrected (not rejected) for his mistake. It will be no different for us.

## When Hurt turns to Hat e and Hopel essness

We start with the guilt, the don't-do-that, and the you-should-do-that of the Holy Spirit. How we respond to that will determine how we respond to the other things he would like to say to us.

- ? How many of us have had the thought not to do something but done it anyway?  
(Have someone give an example or be ready to do it yourself for these questions.)
- ? What kind of price did we pay for ignoring it?
- ? How many of us have had the opposite sense, that we should do something?
- ? What benefit did we get by paying attention to it and doing it?
- ? What kind of price did we pay for ignoring it?

One of my learning experiences on hearing his voice involved coins. As a new believer with a young family, money was tight. I had a coin collection containing mostly silver coins that I had accumulated before I got married. The price of silver was going higher all the time and I felt I should sell it but hesitated because it was “my collection.”

I went to the coin store to sell it and before I went in a number popped into my head, \$264.00. When I went in they offered me exactly \$264.00. But I didn't take it, though I should have. When I finally decided to sell my precious collection, only a week later, the price of silver had dropped, and I only got \$164.00. That was a hundred-dollar lesson about hearing the voice of God.

### **Forgiveness**

*Mark 14: 27-31 “You will all fall away,” Jesus told them, “for it is written:*

*“I will strike the shepherd, and the sheep will be scattered.”*

*But after I have risen, I will go ahead of you into Galilee.”*

*Peter declared, “Even if all fall away, I will not.”*

## When Hurt turns to Hat e and Hopel essness

*“Truly I tell you,” Jesus answered, “today—yes, tonight—before the rooster crows twice you yourself will disown me three times.”*

*But Peter insisted emphatically, “Even if I have to die with you, I will never disown you.” And all the others said the same.*

*Mark 14:66-72 While Peter was below in the courtyard, one of the servant girls of the high priest came by. When she saw Peter warming himself, she looked closely at him.*

*“You also were with that Nazarene, Jesus,” she said.*

*But he denied it. “I don’t know or understand what you’re talking about,” he said, and went out into the entryway.*

*When the servant girl saw him there, she said again to those standing around, “This fellow is one of them.” Again he denied it.*

*After a little while, those standing near said to Peter, “Surely you are one of them, for you are a Galilean.”*

*He began to call down curses, and he swore to them, “I don’t know this man you’re talking about.”*

*Immediately the rooster crowed the second time. Then Peter remembered the word Jesus had spoken to him: “Before the rooster crows twice you will disown me three times.” And he broke down and wept.*

He wept for many reasons but one of them was this scripture that he remembers Jesus saying.

*Matthew 10:33 But whoever disowns me before others, I will disown before my Father in heaven.*

Peter had heard enough to think he had blown it with Jesus. As far as he understood, his part in the Kingdom of Heaven was over. We can think the same thing but if we let Jesus be Jesus in our lives we can know forgiveness once again.

*1 John 1:19 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

## When Hurt turns to Hat e and Hopel essness

This is one of the hardest things for us to believe, that Jesus could forgive again. But we need to remember what Jesus said to Peter when he asked the same kind of question.

*Matthew 18:21-22* Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?"

*Jesus answered, "I tell you, not seven times, but seventy-seven times.*

*Luke 17:4* Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."

He has said this to us and he displayed it to us on the cross "Father forgive them for they don't know what they are doing". There is no limit to forgiveness when we repent and want to try again. We know Peter eventually understood this because we see at the Day of Pentecost that he boldly proclaimed to all that they could receive forgiveness regardless of the kind, size, or frequency of their sin.

*Act 2:36-38* "Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah." When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?"

*Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.*

Life is tough enough without wounds and forgiving is a huge part of the ultimate healing that we all need. Life is almost impossible with wounds that are left to infect and slowly bleed out from the places of our hearts that people cannot see.

I have seen bull fights in Madrid, Spain in their most famous bull ring (Plaza de Toro Las Ventas). If you have seen one bull fight you have seen what many of them are like. In your mind the thought of a human weighing less than two hundred pounds fighting a bull weighing over a thousand pounds would result in the bull winning.

## When Hurt turns to Hat e and Hopel essness

But the matadors (word translates into one who kills) begins the almost universal reality of winning before he even enters the ring. The bull begins the contest with a banderilla (spiked colorful barb that has been stuck in the back and starts the bleeding and thus weakening process for the bull).

More of them are stuck in the bulls back by a variety of junior matadors and riders on horses who use lances to stick the bull and increase the bleeding. Often, by the time the matador begins to wave the cape in front of the bull, it has been bleeding for more than five minutes from almost a dozen open wounds. It is no wonder the bulls are generally black or the gore of blood on white bulls would be too much for most people.

Once the matador starts to cause the bull to charge, twist, and turn, the bleeding accelerates. Each pass raises the bull's heart rate and the amount of bleeding pumped out by these wounds. In time, the matador will thrust a sword down the center of the bull's back that will affect the lungs, heart, and spinal cord of the bull. Often the matador finishes off the bull on his knees with a knife thrust between its eyes in the forehead.

If the matador got to his knees and fought the bull with just his knife at the beginning, he would always be killed or seriously injured before the fight had lasted less than a minute. Instead, the massive, impressive bull is reduced to a corpse in just a few minutes.

Too often people can look impressive on the outside but are bleeding out from the wounds of the heart. At that point, it doesn't take much to finish them off. A little thing can be the last straw that pushes people over the edge and into self-destructive behavior or addictive habits as they try to deal with the untended wounds of life.

### **Act ion:**

(be ready to give help to those who need it)

Do we need to ask for help?

How long have we been bleeding?

Do we even know what it is like to be healthy and whole?

## When Hurt turns to Hat e and Hopel essness

### Prayer:

*Matthew 18:21-22 Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?”*

*Jesus answered, “I tell you, not seven times, but seventy-seven times.*

# When Hurt turns to Hat e and Hopel essness

## Session 9

**(all leadership watch the link on suicide prior to the class)**

YouTube: *Suicide: the Friend Stealer*

<https://www.youtube.com/watch?v=RSBeNnzNdHk>

**Goal:** Suicide is a friend stealer that too many of us have experience with. Our goal is to understand why it happens and what we can all do to help ourselves and others who are facing the realities of suicide, the friend stealer.

---

### Connect ion Point

Contact the local police and see if you can borrow drunk goggles or find some prank glasses that make seeing almost impossible. If you have horrible vision, just use your own glasses. You can use them to illustrate how people under the influence can't see life correctly and respond appropriately.

---

### Suicide the Friend Stealer Scripture Realities

*John 10:7-10 Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. All who have come before me are thieves and robbers, but the sheep have not listened to them. I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

### The Thief and His Strategy

There is safety in numbers in the wild animal world. You see packs of animals at the water hole with lions all around them. If they stay together, they have enough hooves and horns to protect themselves and each other from the more powerful and deadly lion attacks.

## When Hurt turns to Hat e and Hopel essness

But the lion knows this, so they wait and work to get one animal off by themselves so they can overpower it and kill it. Staying in the pack is safety but more difficult if we're wounded and don't ask for help.

*1 Peter 5:8-9 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.*

(emphasis mine)

**Roaring Lions panic you into the shadows where the silent deadly lions wait.**

Lead discussion on being in the shadows.

**When you feel alone in all of this, it leads to hopelessness.**

Lead discussion on being alone.

### **Hopelessness**

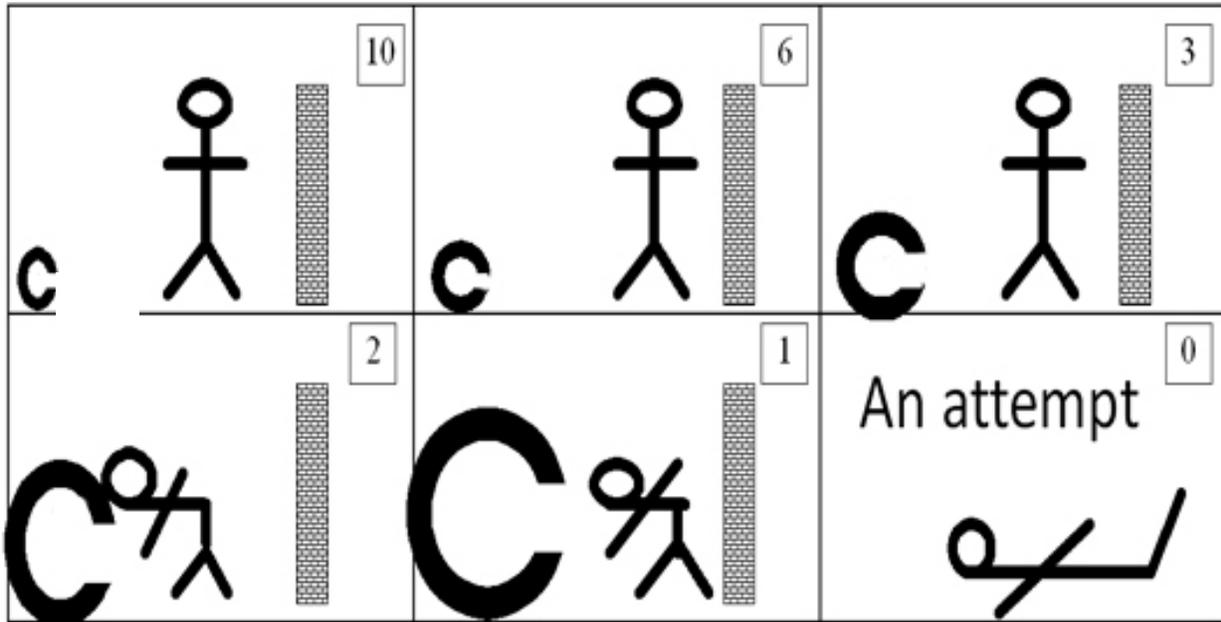
*Ephesians 2:11-13 Therefore, remember that formerly you who are Gentiles by birth and called “uncircumcised” by those who call themselves “the circumcision” (which is done in the body by human hands)— remember that at that time you were separate from Christ, excluded from citizenship in Israel and foreigners to the covenants of the promise, without hope and without God in the world. But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.*

**Life is tough enough without wounds.**

**Life is a real challenge with wounds. (remember the bullfight story)**

**Draw the box for the students and explain it as you go. (appendix pg 81)**

## When Hurt turns to Hat e and Hopel essness



Now have the students draw the box.

(Blank box form Appendix pg.82)

Practice it with someone.

Create a list of fears from the people in the room.

Guy list

Girl list

Age Fears

Fears are very personal and not rational

Here are a couple of acronym that help us understand fear

**F**orgetting

**E**very

**A**vailable

**R**esource

## When Hurt turns to Hat e and Hopel essness

**F**alse

**E**vidence

**A**ppearing

**R**eal

### **Action:**

Are there any fears that are consuming us?

What truth can we apply to those fears?

### **Prayer**

*2 Timothy 1:7 God did not give us a spirit that makes us afraid but a spirit of power and love and self-control. (NCV version)*

# When Hurt turns to Hat e and Hopel essness

## Session 10

**Goal:** We need to understand how emotions can influence us and how we should respond to them. When we understand them we can learn how to get and give help for those who might be suicidal

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### Connect ion Point

How many of you have ever said this, “If I don’t get something to eat before I go to bed I’m going to ..... (let them finish the sentence.)

How long can you go without food? (3 weeks easily)

How many of you have ever turned a scratchy noise into a crazed killer waiting just outside your window?

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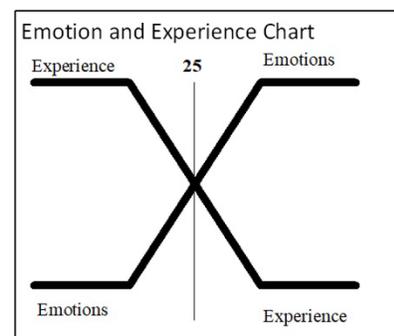
**These are our emotions messing with us. Today we will look at that and how to balance their impact in our lives.**

### Draw the Lazy “X”

We begin our lives as emotional packages with two legs. Eventually we reach a point where our maturity changes the balance and we base our lives on experience. Unfortunately, that point isn’t until we’re twenty-five years old.

**Emotions are stress-makers and experience is a stress-breaker.**

The answers from the connection questions are emotional responses and they are stress-makers. After twenty-five, the same feeling gets an experienced touch which



## When Hurt turns to Hat e and Hopel essness

makes it a stress-breaker. I know that the window noise is a tree branch and the wind ... snore away.

If we only seek help or answers from those less than twenty-five years old, what are all their answers based on? The challenge: their answers are based on emotions and that gets us in trouble too often.

? How many of you have every gotten bad advice from a friend?

As the writer of this curriculum I have a sad, but true story. (mine) I had two college roommates who graduated the same year I did. One lived in Shelton and one in Seattle. The one in Shelton called the friend in Seattle and was very depressed about how things were going. The one in Seattle did not know what to say or do so finally said, "Look, just do what you have to do." The Shelton roommate took his own life that night.

If he had talked to someone older than 21 he would have had a much better chance of getting some good answers. There are always answers even if they come from older people who are sometimes harder to talk to.

? How are emotions stress-makers?

? How is experience a stress-breaker?

? When have you used experience to be a stress-breaker?

? What was the outcome of having the stress be broken?

? Do guys and girls stress over the same things?

? How are they different?

? Are we blind sometimes to another person's stress?

## When Hurt turns to Hat e and Hopel essness

### Action:

What's on my stress list?

What are some action steps or truth that I need to apply to those issues?

### Prayer

*Proverbs 19:20 Listen to advice and accept discipline, and at the end you will be counted among the wise.*

*Ecclesiastes 4:12 Though one may be overpowered, two can defend themselves.*

*A cord of three strands is not quickly broken.*

*James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

# When Hurt turns to Hat e and Hopel essness

## Session 11

**Goal:** We need to be proactive with people in this critical area of suicide. Once we understand and know how to use the tools we have, we will be able to do the four things anyone can do to help.

---

### Connect ion Point

Download some video clips of the stupid things people do when they are drunk. You can laugh for a while but at some point, what they do can become deadly; drunk driving deaths, criminal behavior, and suicides.

---

#### Four things you can do to help

**Sober** (*Ephesians 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit,*)

{Debauchery: extreme indulgence in bodily pleasures and especially sexual pleasures : behavior involving sex, drugs, alcohol, etc. that is often considered immoral}

80% of suicides happen under the influence of drugs or alcohol

80% of first crimes happen under the influence of drugs or alcohol

80% of unwanted sexual activity happens under the influence of drugs or alcohol

**Seriously** (*James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,*)

Review the cartoon strip

**Sorrow** (Matthew 5:4 Blessed are those who mourn, for they will be comforted.)

Sorrow builds up just like anger and we need the opportunity for a good cry.

Give them the space and time to mourn.

Ask them questions until something happens ... opening the emotional dam.

## When Hurt turns to Hat e and Hopel essness

**Safety Net** (*Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.*)

Remember that people will say "I have something to tell you but, promise not to tell anyone?" At this, you have to be honest and tell them that you can't make that promise. If you need to, you will talk to others to get help.

You may only start the safety net, but someone must.

? Who can be in a safety net?

*(If the group doesn't mention them, these are some of the possibilities that need to be considered)*

911; they are trained first-responders and can get there quickly

Family including extended family

Coaches

Teachers

Counselors

Friends

Pastors

Neighbors

Etc.

### **Warning Signs**

Cleaning house

Divorce: when it's parents

Divorce: when it's a dating relationship

Don't care

Sexual activity

Drug and alcohol use (remember the 80%)

Death talk

Death art

They have a plan

Isolation and fear

Talking about suicide

# When Hurt turns to Hat e and Hopel essness

## How do you talk about the tough stuff?

Don't ask them if they are suicidal unless you have that kind of a relationship with them.

Draw the cartoon strip and ask them "Where are you at on this?"

If someone is in trouble, be ready for it to take weeks or months. It is an organic fix not a mechanical one. You can't just replace a part, you must get rid of the unhealthy, grow, and become healthy. Create a safety net instead of a quick fix.

## Action:

Practice starting a conversation with someone who is possibly suicidal.

## Prayer

*Jeremiah 11:19 I had been like a gentle lamb led to the slaughter; I did not realize that they had plotted against me, saying,*

*"Let us destroy the tree and its fruit;  
let us cut him off from the land of the living,  
that his name be remembered no more."*

Lord, let us be the ones who set them free from this path and give us the strength to help.

# When Hurt turns to Hat e and Hopel essness

## Session 12

**Goal:** We need to get healthy and stay healthy in these critical emotional areas. To do that, we will evaluate how we're doing and how to help the friends we're concerned about.

---

### Connect ion Point

Share some lifeguard stories. Perhaps a student lifeguard, your own, or some of mine in the appendix pg. 83

Video clips on lifeguard training.

---

**Staying healthy is an ongoing challenge physically as well as in the other areas of life; heart, soul, and mind.**

Getting healthy

Clean it out

Keep it clean

Get help!

Staying healthy

Don't hide, make whatever progress you can.

### Four areas where we need to be healthy

*Mark 12:30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'*

How is your HEART?

The heart is the center of all senses and processes everything that happens.

How is your SOUL?

The immortality of the soul

How is your MIND?

## When Hurt turns to Hat e and Hopel essness

That part of the human being in which thought takes place and perception and decisions to do good, evil, and the like come to expression.

How is your STRENGTH?

Strength is the quality of being able to push through tough, heinous or heartbreaking times, situations, feelings, and emotions where others would think it normal or expect you to give up.

Scripture has a test for us on our spiritual health. We need to pay attention when we take communion.

*1 Corinthians 11:28-32 Everyone ought to examine themselves before they eat of the bread and drink from the cup. For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. That is why many among you are weak and sick, and a number of you have fallen asleep. But if we were more discerning with regard to ourselves, we would not come under such judgment. Nevertheless, when we are judged in this way by the Lord, we are being disciplined so that we will not be finally condemned with the world.*

### **Helping others out of our own health**

*2 Corinthians 1:3-5 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ*

### **When you're healthy, help others but be careful.**

*Galatians 6:1-2 Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.*

# When Hurt turns to Hat e and Hopel essness

## How do you talk about the tough issues?

You talk about it like it is normal because it is. If you're calm, the person listening to you will move in that direction as well.

Don't make the "fix" sound easy. We are not machines, we're people and being organic, "fixing" us doesn't work. We need to change things in our world to change us from the inside out not from the outside in. The comfort of Father God and the help of his kids can bring us to a point of health if we're patient enough to let the seed planted in us grow (his words and ways).

Be ready to walk with somebody for a while on the issues and get help as needed. Don't promise to keep silent about it but let them know you will get help for them if you can't do it by yourself.

## Action:

Create a health plan for the four areas of our lives:

- Heart
- Soul
- Mind
- Strength

## Prayer

*2 Peter 3:18 But grow in the grace and knowledge of our Lord and Savior Jesus Christ.  
To him be glory both now and forever! Amen.*

# Appendix

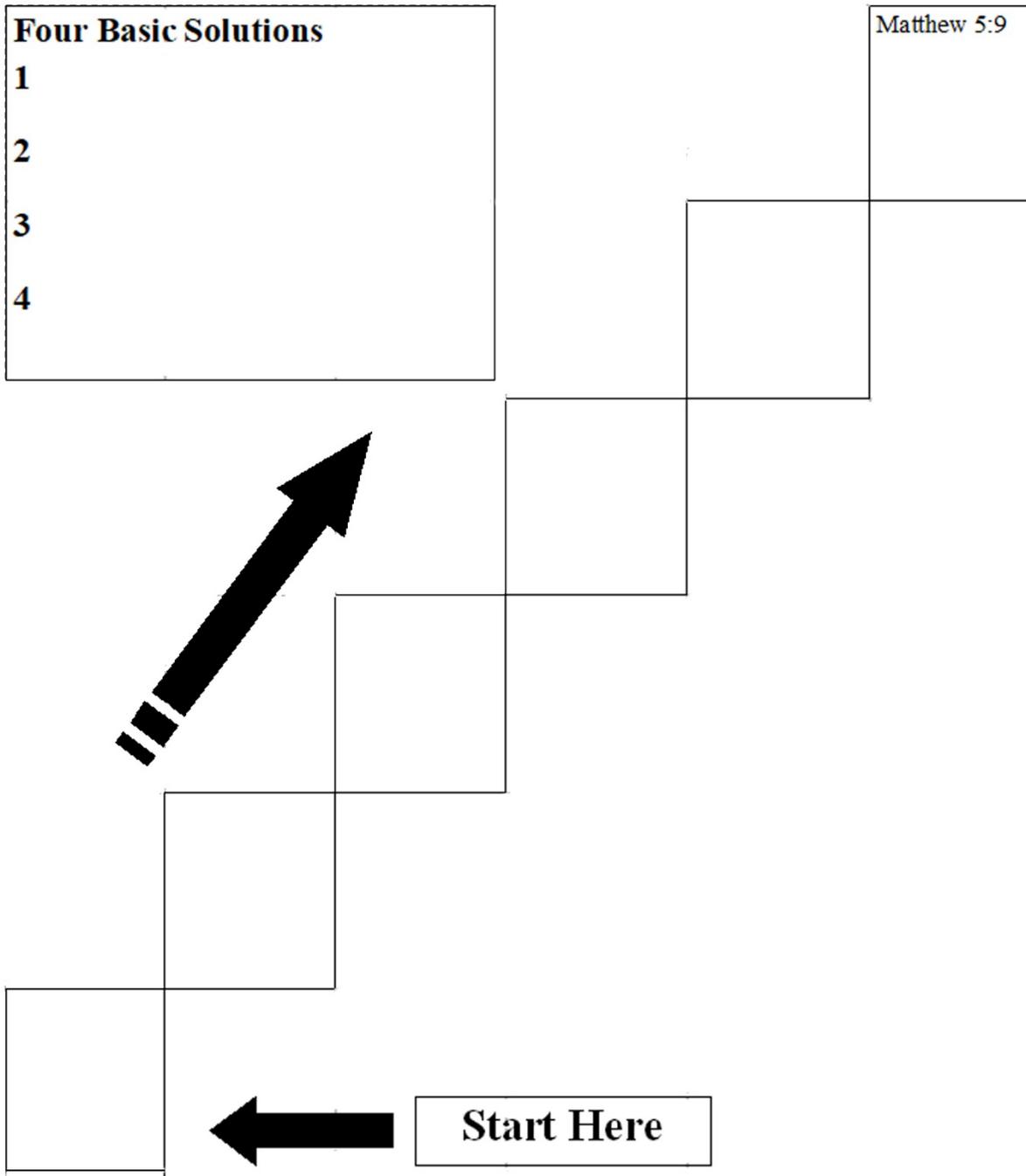
**Anger Maturity Scale**

**Ephesians 4:26-27**

**Four Basic Solutions**

- 1
- 2
- 3
- 4

Matthew 5:9



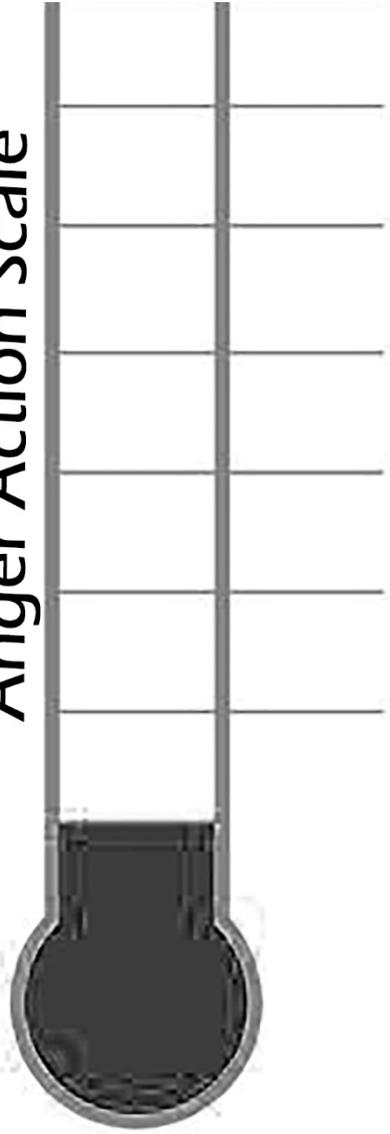
# Appendix

## Anger Action Scale

<b>Start Here</b>
1 Thessalonians 4:4
James 1:19
2 Corinthians 10:5
<b>The Pool of Possibilities</b> Luke 6:45 and 1 John 1:9



Anger Action Scale



# Appendix

## Session 7 Connection Point Drama Script

Drama with input points and multiple results for session seven

This isn't scripted, it is improvisation. The actors will need to be comfortable making up the lines within the boundaries set by the student's vote.

Cast:

*Mom*

*Dad*

*Daughter*

*Son*

**Scene One:** Son and daughter get home from school. They are alone for a couple of hours before Mom and then Dad (who gets home 15 minutes later) arrive. While they are waiting for their parents to get home they are playing around and mess up the internet and two home computers.

It is partly the son's fault as he tried to fix something his sister had messed up resulting in the dreaded blue screen. She is partially at fault because she was trying to download a cheat project from a website that had a virus. She gets very angry because she must finish the homework project that is due tomorrow.

*Group picks out the son and daughter's maturity scale level 1 to 6 and then let them talk.*

Son and daughter dialogue at the maturity level given.

*See where that goes and then pause and have the students give them a different maturity level and see where that goes.*

Be ready to discuss the challenges when one is mature and the other isn't or they are both immature in how they deal with the situation.

-----

# Appendix

**Scene Two:** Mom comes home after a bad day at work and immediately notices the blue screen on the computer that the son is huddled over trying to fix it.

*Have the group pick the maturity level for both the mom and son and then let it go for a while.*

Mom and son dialogue at the maturity level chosen.

*Debrief how that went and if they have any similar experience at these levels.*

*Now have them give them another set of levels and see how it comes out.*

*Debrief that time as well and see how that relates to their world.*

---

**Scene Three:** Dad comes home to a discussion that is already in progress between Mom, Son, and Daughter. He also had a bad day at work and got in a small accident on the way home. He is 30 minutes later than normal.

*Have the group pick each of the cast's levels and see where it goes.*

All four are dialoging together at the chosen levels.

*Give them different levels and see where it goes.*

Discuss and debrief how we can rise to new levels and work things out rather than having the worst-case scenarios always be our normal experience.

See if anyone wants to share an example where a higher level of maturity would have helped.

# Appendix

**Scripture Memory List (reinforces those messages already given or that will be given) as suggested in lesson seven.**

*1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*Romans 12:2-3 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

*Matthew 7:12 So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.*

*Ephesians 4:15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.*

*Ephesians 4:26-27 "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold.*

*Matthew 5:23-25 "Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. "Settle matters quickly with your adversary who is taking you to court. Do it while you are still together on the way, or your adversary may hand you over to the judge, and the judge may hand you over to the officer, and you may be thrown into prison.*

*Hebrews 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.*

# Appendix

*Matthew 5:43-47* “You have heard that it was said, ‘Love your neighbor<sup>[a]</sup> and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that?

*Romans 12:19* Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: “It is mine to avenge; I will repay,” says the Lord.

# Appendix

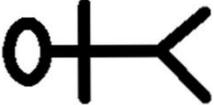
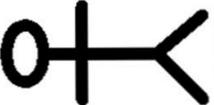
## How to juggle using three juggling bean bags (or small balls)

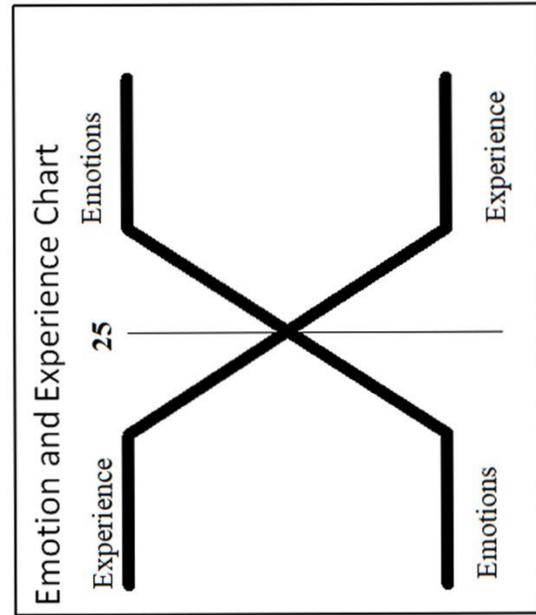
- Pick up all three bags and hold them, briefly.
- You'll note that there is one more bag than you have hands, unless you're that rather rare case, in which event send away for the limited edition of Juggling for the Exceptionally Gifted.
- Throw all three bags into the air and making no effort to catch any of them, let them all hit the ground.
- This is an example of THE DROP. I do it all the time and so will you, but it's good to familiarize yourself with the moves early on.
- Practice THE DROP until the novelty wears off.
- Many people find this occurs quite rapidly, others seem to get a lot out of this exercise for quite some time.
- Leaving those folks to themselves, we'll move on.

(Taken from Juggling for the Complete Klutz, Klutz Press; 4th edition June 1, 1994)

# Appendix

Suicide the Friend Stealer Tools to Understand and Help Stop one of the most Tragic Events in Life

<p>10</p>   	<p>6</p>   	<p>3</p>   
<p>2</p>   	<p>1</p>   	<p>0</p> <p>An attempt</p>  



- Warning Signs
- Cleaning House
  - Divorce parents
  - Divorce dating
  - Don't Care
  - Sexual Activity
  - The Drug & Alcohol 80%
  - Death Talk
  - Death Art
  - A Plan
  - Isolation and Fear
  - Not enough Sleep

- What we can do to help
- Sober 80%
  - Sorrow
  - Seriously
  - Safety Net

Completed Suicide Worksheet

# Appendix

## Blank Suicide Worksheet

Suicide the Friend Stealer Tools to Understand and Help Stop one of the most Tragic Events in Life


Warning Signs

What we can do to help

Emotion and Experience Chart

# Appendix

## Lifeguard Training

Being a lifeguard can sound very glamorous but if you aren't properly trained, you have to be pretty aggressive and brutal to the person you're trying to save in order to be in a position to actually save them and not drown with them.

First, you approach them but always stay in control of the situation. You do that by stopping outside of their reach from the front and talking to them. If they aren't in control and only in panic mode, you can't approach from the front. You dive down underneath them and come up behind them.

Once behind them you can gain control using a cross body hold and begin a rescue to shore. If you can tell they are in panic mode, then approach from the back to begin with. Just be careful underwater to avoid their kicking.

If the cross-body hold is difficult because they are still thrashing too much, then you can potentially use a hair grab that keeps them at a full arm length away and keeps you safe, so you can save them.

If you're careless and get too close from the front or are thrown into a situation that you can't control, then it is possible to get caught in a scissor hold from the front. They can also have their arms in a death grip around your head. Without immediate measures you will be going down with the person.

To get out, you put a hand on their chest and start pushing them from you while kicking very hard with your feet. As you push on them, you're not trying to push away but push them down under the water. That is the opposite of what they want as they are trying to climb you like a ladder to stay above the water.

As they are pushed underwater at some point they release you to save themselves. Then a quick exit and return to approach in the proper direction so you can be in control of the situation.

If they have climbed on your back and have you in a scissor hold and head clamp from behind, you have a different way out. You turn your head towards your left shoulder minimizing your chin to wrap around. Grab their right arm at the elbow with your right hand and their right wrist with the left hand. Then with your head still turned

# Appendix

to the left you duck down under their right arm pit still holding their wrist and elbow. You come up still holding the arm as described and now have control of the situation with their arm behind the back.

Hopefully you see that the glamor of lifeguarding only happens when you treat the seriousness of the situation in a proper way and take the necessary steps no matter how drastic they can seem.