

Participant Workbook

Why Parents Kill



SUZY AUSTIN

Psychodynamics Experts see some patterns that help explain the un

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when
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Hate and Hopelessness
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When Hurt turns to Hat e and Hopel essness

Table of Contents

Session One: Life's Wounds (watch the link prior to the class)	4
Session Two: Issues from Life's Wounds	6
Session Three: Responding to Life's Wounds	8
Session Four: Bleeding or Healing	11
Session Five: Anger Issues (watch the link prior to the class)	16
Session Six: Anger Maturity Scale	18
Session Seven: Anger Action Scale	20
Session Eight: Learning Curve of Life	23
Session Nine: Suicide Issues (watch the link prior to the class)	32
Session Ten: Suicide Issues, Emotions and Experiences	36
Session Eleven: Suicide Issues being Proactive	38
Session Twelve: Getting and Staying Healthy	40

Session One: Life's Wounds

Who was the biggest scar contest winner?

How big was that scar?

How we get wounded on the inside:

- **Nasty** *Proverbs 26:10 Like an archer who wounds at random is he who hires a fool or any passer-by.* Nasty people would hide in the woods and shoot at random passerby's; they were the original drive by shooters.
- **Negligence** *Psalms 38:5 My wounds fester and are loathsome because of my sinful folly* What was the dumbest thing you ever did?
- **Normal** *Proverbs 27:17 As iron sharpens iron (sparks have to fly to get sharper and it takes others to do it in our lives) so one man sharpens another.* Some of my best coaches, who pushed me the farthest, were often the hardest to get along with. As they sometimes say, the "sparks would fly!"
- **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.*
- **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.* Expectations can haunt your whole life when someone doesn't keep promises especially those who are close to us!
- **Not in Control** *Ecclesiastes 2:19 Yet they will have control over all the fruit of my toil (you have no control over many things in your life; really) into which I have poured my effort and skill under the sun. This too is meaningless.*

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- **Not Perfect** *Deuteronomy 32:4 His ways are perfect ...* Can we really expect that from people? I remember praying with someone at an altar who was sobbing and saying over and over again, “If it’s not perfect it’s nothing!” That mindset makes life impossible.
- **Nature** *Luke 21:11 There will be great earthquakes.* Why buy property in San Francisco and then complain when an earthquake hits and you weren’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

“**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.”

- **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.

✓ Where do most of the wounds occur?

✓ Who does most of the wounding?

Session Two: Issues from Life's Wounds

What are some of the wounds that happened in this room?

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?

- **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.*
- **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?"*
- **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.*

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We resist the help we need

Clean it out

Keep it clean

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

Two Fingered Man Story

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 and changing your behavior

- 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 am 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.

Session Three: Responding to Life's Wounds

Learn from it, don't blame

Unrealistic expectations

Is it guidance?

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 help if we need it.

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In professional football, after an injury, rehabilitation begins 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."

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:

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.*

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Learn don't blame, is it guidance? Learning to have the joy of obedience and not the joy of results

Example:

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

Can we really expect that from people?

Learn don't blame and adjust your expectations

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:

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 one area you can work on this week?

Do you 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."

Session Four: Bleeding or Healing

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."*

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. How would you clean up each mess?

- 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.

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- You break somebody's "favorite" item.

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

(Using yourself, people you know, or people your age)

- 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.

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 selfish ie. feed me, change me, hold me, etc. We must 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?

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- 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 it helps to rehearse them beforehand.

Nasty: Avoid 911

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

Negligence: Learn don’t blame

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

Normal: Learn don’t blame, Is it guidance?

Example: Your mom (you’re a girl) tells you that the top you are 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 anymore.

Needed: 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.

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Nurture: Break out the first-aid kit

Example: Your folks promised a car for your 16th birthday, but you got a project car 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: Learn from it

Example: Your class project was a group project. On the day you are to present you realize that you are 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.

Not Perfect: Expectations

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

Nature

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.

When your "NO" didn't stop someone else, who do you need to tell?

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

Not Listed

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

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Action:

Turn in 3x5 cards for yourself and your friends that you're concerned about. List the wounds that are still hurting. It can be anonymous or if you want to talk about it, give your name 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.

Session Five: Anger Issues

Did Jesus get angry?

Should we get angry?

Good anger or Bad anger?

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

When Hurt turns to Hate and Hopelessness

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.

Action:

Pass out a piece of paper with the situations listed below. Give yourself a grade for each one. Again, it can be anonymous, or you can give your name and contact info.

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!

Session Six: Anger Maturity Scale

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

Four Basic People Solutions

#1 I am right, you are wrong. We tend to gloat over people when we are 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 am wrong, you are 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.

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#3 We are 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.

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 are 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.

Action

Where are you on the Anger Maturity Scale in these situations? (circle number)

Home 1 2 3 4 5 6

School 1 2 3 4 5 6

Church 1 2 3 4 5 6

With friends 1 2 3 4 5 6

With enemies 1 2 3 4 5 6

With media 1 2 3 4 5 6

Session Seven: Anger Action Scale

File Cabinet Reality

What is in your file cabinet?

How do you decide what to do when you are angry?

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 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 are more of a visual person, then writing it down 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 are better off to learn two verses a week than twenty verses in one day.

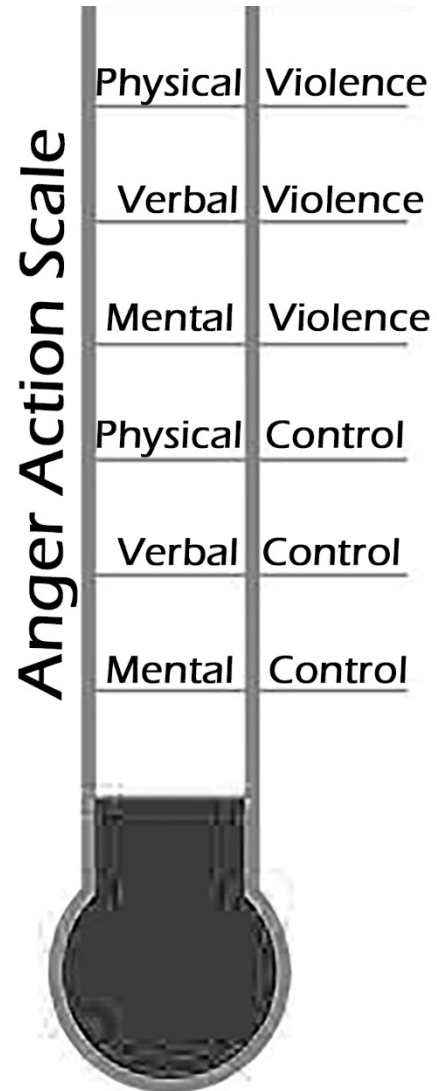
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Anger Action Scale

Now we are 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 TV.

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 are 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 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



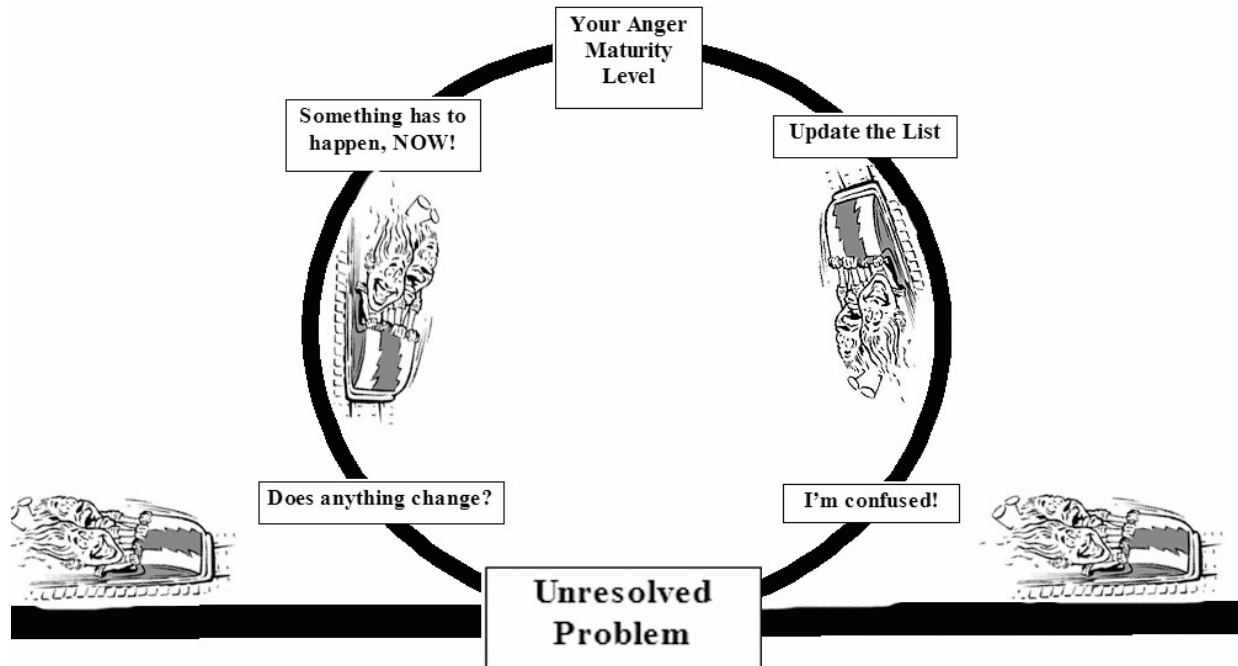
Work down the progression just like you saw in the video.

- To keep us cooled off as far as possible; you must 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.

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Conflict Roller Coaster

If you struggle with the 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

Session Eight: Learning Curve of Life

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 a practice to be a part of our lives.

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

When Hurt turns to Hat e and Hopel essness

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 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?

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

Debrief 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.*

- ✓ Do you have a consistent Bible reading/study plan that works for you?
- ✓ How long did it take to establish it?
- ✓ Could you 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 weak because we aren't

When Hurt turns to Hat e and Hopel essness

gifted or called to that part of the life of Christ! When we are learning something new or wanting to improve, it is good to find those who are really good at it to grow the most (an Expert). If you are 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.

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 are learning new things such as dealing with our anger.

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

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."

When Hurt turns to Hat e and Hopel essness

“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 had 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!

- ✓ 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

When Hurt turns to Hat e and Hopel essness

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.

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?
- ✓ 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?

When Hurt turns to Hat e and Hopel essness

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.”

“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.

When Hurt turns to Hat e and Hopel essness

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.

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."

When Hurt turns to Hat e and Hopel essness

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.

Bull Fight in Madrid Plaza de Toro Las Ventas

Too often people can look impressive on the outside but are bleeding from 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.

Action:

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

Do you need to ask for help?

How long have you been bleeding?

When Hurt turns to Hat e and Hopel essness

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

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.*

Session Nine: Suicide Issues

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

Safety in numbers in the wild animal world.

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. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

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

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

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

When Hurt turns to Hat e and Hopel essness

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)

When Hurt turns to Hat e and Hopel essness

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

When Hurt turns to Hat e and Hopel essness

Here are a couple of acronyms that help us understand fear

Forgetting
Every
Available
Resource

False
Evidence
Appearing
Real

Action:

Are there any fears that are consuming you?

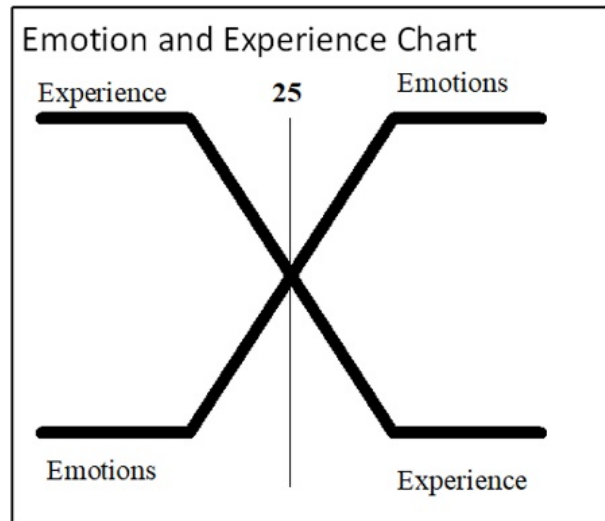
What truth can you apply to those fears?

Session Ten: Suicide Issues, Emotions and Experiences

Our emotions mess 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 are 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 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?

- ✓ How are emotions stress-makers?

When Hurt turns to Hat e and Hopel essness

- ✓ 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 gender's or person's stress?

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.

Session Eleven: Suicide Issues being Proactive

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.

- **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 must 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.

When Hurt turns to Hat e and Hopel essness

Who can be in a safety net?

Warning Signs

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?"

Session Twelve: Getting and Staying Healthy

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?

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.

When Hurt turns to Hat e and Hopel essness

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 are 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.

How do you talk about the tough issues?

You talk about it like it is normal because it is. If you are 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 are 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 are patient enough to let the seed planted in us grow (his words and ways).

When Hurt turns to Hat e and Hopel essness

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 your life:

Heart

Soul

Mind

Strength