**Life Group Bible Study**

**Take Off Your Mask – Stop Hiding Your Pain**

March 26, 2023

**OPEN IN PRAYER**

**CHECKING IN WITH EACH OTHER**

* **THERE IS HOPE BEYOND THE HURT.**

***Find rest, O my soul, in God alone; my hope comes from him. 6 He alone is my rock and my salvation; he is my fortress, I will not be shaken. 7 My salvation and my honor depend on God; he is my mighty rock, my refuge. 8 Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.* Psalm 62:5-8**

**IF YOU ARE THE ONE HURTING**

* **FIND HOPE, HEALING AND COMFORT IN GOD.**

***I am with you and will save you,' declares the Lord.* Jeremiah 30:11**

**What is your hurt? What hurt are you concealing?**

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**TWO WAYS GOD HEALS**

1. **GOD HEALS THROUGH HIS PEOPLE.**

***Rejoice with those who rejoice; mourn with those who mourn.* Romans 12:15**

***Praise be to the God…the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.* 2 Corinthians 1:3-4**

1. **GOD HEALS THROUGH HIS PRESENCE.**

***But as for me, I will always have hope; I will praise you more and more.* Psalm 71:14**

***God is our refuge and strength, an ever-present help in trouble.* Psalm 46:1**

***But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed.* Isaiah 53:5**

***Because God said, "Never will I leave you; never will I forsake you."* Hebrews 13:5**

***He heals the brokenhearted and binds up their wounds.* Psalm 147:3**

***He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. 2 I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."* Psalm 91:1-2**

***For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.***

**Romans 8:38-39**