



HURTING

PERSONAL JOURNEY

PREPARATION

- Ask members to bring a verse from the Bible that comforts them when times are hard
- Print a Psalm 34:18 colouring sheet by marydeandraws.com for each member and provide colouring pens and pencils - the download link is above the *Praying the Word* section on the web page
- Provide card and other materials to create bookmarks or cards
- Research random acts of kindness to challenge members; randomactsofkindness.org has plenty of ideas
- Prepare to play an online version of Joy Webb's song 'They need Christ'; suggestions of different versions are given below

INTRODUCTION/BACKGROUND


To hurt means to feel or experience physical or emotional pain or distress. We all experience hurt, whether because of physical injury or pain or because of the unkind words or actions of another. In this session we will consider how God wants to comfort those who are hurting and invites us to join in with this ministry. This session is intended to be a reassuring reminder of this, but always be sensitive to those in your group who might be feeling particularly 'crushed in spirit' at the present time.

ACTIVITIES

SHARE

Invite members to share the Bible verses that bring them comfort when times are hard.

COLOUR

 'The Lord is close to the broken-hearted and saves those who are crushed in spirit.'

(Psalm 34:18)

Give each member a [Psalm 34:18 colouring sheet](#) to complete.

Connect



CRAFT

Use Psalm 34:18 as the inspiration to create a card or bookmark to give to someone who needs to hear this verse of Scripture.

SERVE

Random acts of kindness

Take a look at the [Random Acts of Kindness](#) website for kindness ideas, or come up with your own. Challenge group members to choose one random act of kindness to fulfil in the coming week. Ideas could include:

- * Share only positive comments on social media
- * Donate blood
- * Leave a generous tip for someone who has given great service
- * Reach out to someone who is going through a hard time
- * Send a 'care package' to someone who lives away from family and friends

WRITE

Psalm 34 is an acrostic poem. Each line of the original starts with the subsequent letter of the Hebrew alphabet. Encourage members to have a go at writing their own acrostic psalm or poem.

BIBLE READING/THOUGHT

Psalm 34

Did you know that the book of Psalms is a collection of 150 songs, prayers and poems composed over about 600 years, between 1000 BC to 400 BC, by a variety of Hebrew authors? Many of them express the writer's emotions and life experiences, include a cry out to God followed by a decision to trust him. As a result, the Psalms have been a source of comfort and encouragement to so many people experiencing difficult times through the years.

Some Psalms focus on 'lament' which means to grieve the loss of someone or something, while others focus on praise. Many combine lament and praise, demonstrating that God can be in every aspect of life.

Psalm 34 is a psalm that encourages praise to God while recognising the pain that individuals can experience. It's an acrostic poem, meaning that each line in the original starts with the subsequent letter of the Hebrew alphabet. Verse 18 is a reminder that God is there for those of us who are hurting.

Connect



The *New Living Translation* tells us: ‘*The Lord is close to the brokenhearted; he rescues those whose spirits are crushed*’. Such beautiful words and a wonderful reminder for those who are hurting just now.

Eugene Peterson paints an even more vivid picture of this verse in his *Message* paraphrase:

‘If your heart is broken, you’ll find God right there; if you’re kicked in the gut, he’ll help you catch your breath.’

He reminds us that however we are hurting, even if our pain is caused through grief or loss, sadness, anger or fear rather than a physical cause, we will have a physiological response. Emotional pain hurts us physically.

When we feel broken-hearted, our need for something beyond ourselves becomes more evident. The natural reaction may be to turn away from God, but his desire is to pour out his love and give us the courage we need to keep on living and moving forward. God is near, he stays with us, and he will help us get through.

PRAYER

Lord, I thank you that we don’t hurt alone.

I thank you that you feel our pain and you hold us tightly.

You know the pain of death and disconnection intimately.

We can trust that you understand.

Thank you for meeting us where we are hurting, for providing others who can walk alongside us, for rejecting easy answers and for being our ultimate hope.

Amen.

REFLECTION

Choose an online version of Joy Webb’s beautiful song ‘They need Christ!’

Invite members to reflect on how they can help the world become a better place by helping a hurting person.

‘They need Christ’

- ♪ [Lyric version](#) by International Staff Songsters
- ♪ [2020 lyric version](#) including images by The Salvation Army International Headquarters
- ♪ [Acapella version](#) without lyrics by TSA West Video



SONGS

- ♪ SASB 868 'I've found a friend in Jesus, he's everything to me' [The lily of the valley]
Watch the [lyric version](#) by Extended Life Worship, the [version \(no lyrics\)](#) by Tombe Girls High School or the [instrumental lyric version](#) by The Salvation Army Video Songbook
- ♪ SASB 828 'Christ is the answer ...'
Watch the [instrumental lyric version](#) by Ken Watt
- ♪ 'Still (Hide me now)'
Watch the [lyric version](#) by Squirrel 24, the [instrumental lyric version](#) by Stotfold Salvation Army or Hillsong Worship's [live video](#) (press CC for lyrics)
- ♪ 'Our God [Water you turned into wine]' by Matt Redman
Watch the [lyric version](#) uploaded by Christ Church Swanley
- ♪ 'Way Maker' [You are here]
Watch the official [live lyric video](#) by Leeland

WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
- Family Ministries website: www.salvationarmy.org.uk/families
- Emails: familyministries@salvationarmy.org.uk
- Facebook: @sarmyfm
- Twitter: @ukifamily
- Instagram: safamily_ministries



Family Ministries

Having faith in the family

Providing intergenerational support, training and resources for

Children | Adults | Everyone