

Relationship Goals 2017

THIS WEEK: Violated

Pastor Miles facilitated a panel discussion of 3 members who shared their personal, often painful testimony about being sexually violated. In each of their stories, God was there and He has not left us alone. The enemy was working hard to spread the lies of low self-esteem, and unworthiness in each individual after the incidents, but God prevailed in the end. Chances are someone near you has been violated.

Opening questions:

1. When was the last time you felt God was punishing you? Did you feel alone? How did you get past that feeling or thought?
2. If God made us in His image (Gen 1:26), why would someone who has been violated have a negative or low self-image of themselves?
3. Pastor Miles pointed out that each of the panel members could have second guessed their actions which resulted in the horrible abuse which happened. Second guessing ourselves is a frequent occurrence we may experience, but someone else chose to do something evil. How do we keep from second guessing and blaming ourselves when bad things happen?

Read Phil 4:12-13

This verse has led some to believe they should be doing things by themselves. How does one determine when to ask for help from others?

Leader Note: after some discussion, point out to the group the multiplicative value of connecting in relationships with others - especially those who have encountered similar trials.

Suggest forming into groups of 2 or 3 for these questions:

Read 1 Peter 5: 6-7

Pray silently for a few moments and meditate on something that has been a burden or a struggle. Perhaps it is a relationship, finances, being faithful, reading the Bible, going to church, serving, or tithing.

Share in the small group what has been a burden.

Video

Here is a link to a video on forgiveness. An important step in getting over being violated is forgiveness. HOWEVER, What are some practical boundaries that should be considered?

<https://www.youtube.com/watch?v=XORmXhoiq94>

Group Activity - self esteem exercise (plan on 15-20 min to complete)

GROUP LEADER: Have a full sheet of paper and something to write with for everyone. Have each person put their name at the top of their blank page.

Now, pass the page to the person next to you. Each person takes a moment and writes a positive or encouraging sentence or comment about the person named. (Don't read what has been already written). Pass the pages around until everyone has filled in something about each person. Even if someone does not know a named person, they can write something as simple as "Your hair looks nice" or "Those are cute shoes".

When everyone has filled in something, hand the filled in sheet to the person named at the top and let them read.

Leader Note: This simple, yet powerful exercise works well whether the group is new or experienced together. It is a tool used to overcome the lies of the enemy about our value and self worth.

LIFE GROUP PRAYER REQUESTS:
