



Serve, Support, Strengthen

When Christians hurt each other Part 1- When someone has hurt you

- Welcome everyone – 1 minute
- Open with prayer - 1 minute
- Suggest feedback on answered prayer – 5 - 10min
- Time of Bible study – 40 minutes
- Closing prayer – 1 minute
- Questions – 10 minutes

Other related Bible studies in this series:

- Praying for your frenemy
- When someone in the church is hurting
- When people from church manipulate you
- Internal reasons for hurting others – use as a supplementary study to the others studies in this series.

Introduction:

Have you ever been hurt by another person in the church, even the pastor? Most of us have been through this disappointing experience, and many have used this as an excuse to leave the church. Some never coming back to any congregation and even rejecting Christ. As believers, we often expect the church to be a safe-haven of love and support. However, church is made up of imperfect people, hurting people, and sinners causing hurt and conflict. Often it takes us by surprise, and we are winded or seriously knocked down, maybe even broken. I would like to encourage you in this study, as we explore biblical principles that guide us in processing hurt, forgiving each other, seeking healing, and maintaining unity despite the wounds we may receive from fellow believers.

Some people might not have been actively hurt, but is there a memory or situation coming up in your mind constantly where there has been conflict with another believer? This carries baggage of hurt relevant to this study as well.

If there is time, use the bible study ‘internal reasons for hurting others’

1. Acknowledge the hurt

Jesus was hurt, by even His closest friends and followers.

Scripture: Psalm 55:12-14



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“If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship...”

Does this ring true for you? Betrayal or hurt from fellow believers can be particularly painful because of the close bond within the church. It’s important to acknowledge the pain and not suppress it.

Note to facilitator: For those that are less ‘emotional’ ask the question, ‘what do you think about this, rather than how do you feel about this

Discussion Questions:

- Why does hurt from within the church feel more painful than hurt from outside the church?
- How do you typically handle feelings of hurt? What could change when hurt comes from another believer?

Practical Application:

Encourage participants to write a letter (not to be sent) expressing their hurt. This can help to release bottled-up emotions and bring the pain into the open before God.

2. Truth vs perception

Scriptures: **John 8: 31-32** “ Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. 32 And you shall know the truth, and the truth shall make you free.”

John 16: 13 “However, when He, the Spirit of truth, has come, He will guide you into all truth; for He will not speak on His own authority, but whatever He hears He will speak; and He will tell you things to come”.

Ps 147:3 “He heals the broken hearted and binds up their wounds”.

Misunderstandings happen very quickly, and often what we perceive to be truth is no, causing a lot of hurt. Social media gives us a certain perception of what we assume is truth, and tends to create a lot of hurt.

Discussion Questions:

- What kind of non-truth do we see in social media specifically with regards to friends, which can lead to hurt. It might be that the person DID post this with a hidden intent
- How can we avoid this?
- How could we train our hearts when we see posts that cause hurt?
- Social media posts like this won’t go away, more people are hurting and lonely today than ever before. How can we protect our hearts and what could we do when we see a post that causes that stab of pain.



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Thoughts / ideas: learn Gods promises, and use these scriptures as weapons when the doubt or hurt is triggered. Let the Holy Spirit control our minds

Search our hearts for potential areas which are ripe for jealousy, anger, fear. Repent and ask God for healing in this.

Identify what it is you are actually looking for. Some people aren't as affected by conflict as others. Are you searching for peace at all cost, are you searching for inclusion, and what would you feel if this did not happen in this specific scenario?

3. Forgiveness is key

Scripture: Colossians 3:13 "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Forgiveness heals yourself first. Forgiveness is a necessary step to heal. The challenge is to forgive even when the other person does not ask for forgiveness or acknowledge their wrong.

Forgiveness can be easier for 'smaller' things and is also necessary for the 'bigger' things. Forgiveness is a process, and needs the Holy Spirit to help us to get there.

Discussion Questions:

- Why is it hard to forgive those who hurt us, especially within the church?
- How does reflecting on God's forgiveness toward us help in forgiving others?
- What is standing in the way of me forgiving the other person?
- Is it possible that I am the one that hurt the other person?

Practical Application:

Give time for a short prayer where people can search their own hearts, and ask forgiveness. Depending on how the study is going, this exercise could be effective: Give everyone a piece of paper. Write down the hurts on a small piece of paper. Those areas for which forgiveness is the topic, burn these or put them at the bottom of a Cross / picture of a cross. I.e. literally lay them at the feet of Jesus.

4. Unity and reconciliation

Matthew 18:15 "If your brother or sister sins, go and point out their fault, just between the two of you. If they listen to you, you have won them over."

While forgiveness can happen in the heart, reconciliation may require direct engagement. Jesus provides a model for addressing conflicts within the church. However, reconciliation does not always mean restoring the same relationship.

Having a neutral mediator could be helpful, to avoid speaking past each other and to keep on-track in the conversation.



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Discussion Questions:

- How can we approach a brother or sister who has hurt us with humility and love?
- What does healthy reconciliation look like, and when might it be time to establish boundaries?
- Practical Application:

Role-play a scenario where one believer confronts another about a hurt in a Christ-like manner. Discuss the importance of tone, timing, and motive.

5. *Healing in community*

James 5:16 “Therefore confess your sins to each other and pray for each other so that you may be healed.”

Healing doesn’t just happen in isolation. Sometimes the church itself is the place of healing when believers confess and pray for one another. The church is a community, and while it is imperfect, God uses it to refine and restore His people.

Keep walking in forgiveness and actively pursue peace amongst the church.

Discussion Questions:

What should we avoid in the church to prevent conflict and hurt? (gossip, even when it is ‘just on information’; ask the persons permission to share rather.)

Have you ever experienced healing through others in the church? If so, how?

How can we foster an environment where it is safe to share and heal together?

Practical Application:

Encourage participants to find a trusted friend or group in the church where they can share their struggles and pray for one another. Healing often begins when we open ourselves to others.

6. *Trusting God with Your Pain*

Romans 8:28 “And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

When we experience hurt, it’s tempting to turn away from the church or even from God. But God promises to use everything, even our pain, for good. Trusting Him with the process of healing is essential.

Discussion Questions:

- How can God bring good out of the hurt we experience in the church?



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- In what ways can we remain hopeful and keep trusting God when healing seems slow?

Practical Application:

Have participants meditate on this verse throughout the week, journaling any insights they receive about how God may be using their pain for growth or ministry to others.

Conclusion:

Coping with hurt from fellow believers is difficult, but it's an opportunity for growth in Christ. As we follow biblical principles—acknowledging the hurt, forgiving, seeking reconciliation, healing in community, and trusting God—we can experience restoration and grow in love and unity as the body of Christ. That said, there are some instances, where there might never be reconciliation with the other person from their side. Let's remember that I am responsible for me, and when I make the right decision, the Holy Spirit helps me become whole again, and the other person carries their guilt, not me. Sometimes people just won't be best friends. I am responsible and answerable for MY actions and growth in Christ. Rather than allowing bitterness or division to take root, we can lean on His wisdom and grace to transform our pain into growth. By applying these principles, we can strengthen our relationships and foster unity in the body of Christ, trusting God to work healing through our challenges.

Practical Application:

Each day, make a concerted effort to pray for healing from your hurt. Journal or mark the promises God gives you, in your Bible or a separate book. Let's believe for miracles or restoration when we follow God's way in our conflict. Pray for wisdom, where to set boundaries and when to seek reconciliation

Challenge:

Each day this week, write down 3 things for which you are grateful / thankful. Being grateful for small things has been shown effective to move from hurt to healing

Closing Prayer:

Pray for healing, wisdom, and grace for everyone who has been hurt, that they would find comfort in God and strength to forgive and move forward in faith.