



Serve, Support, Strengthen

When Christians hurt part 2: When someone in the Church is hurting

- 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:

- When Christians hurt me
- When Christians are hurting
- Reasons people hurt
- When people from church manipulate you
- Praying for your frenemy

Introduction

Objective of this Bible study: To equip believers with biblical principles on how to respond with empathy, support, and Christ-like love when others around them are experiencing pain or hardship.

1. “I see you” – See the people that are hurting

Read: Matthew 9:36 “When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd.”

- What does this tell us about Jesus’ heart towards people
- We are called to bear each other’s burdens, but we don’t carry this on our own. Who helps us?
- We also cant help everyone, what is the difference between empathy and sympathy?
- How do we identify someone who is hurting? e.g. sometimes when people lash out, this can show pain.

Pain seems to remind us to go back to God. How can Christ be both the Lamb and the Shepherd. When someone is hurting, one of our responsibilities to also point them back to the love of God

Jesus modelled the importance of seeing people’s pain and responding with compassion. Often, we are so focused on our own lives that we fail to notice others in need. Sometimes we need to slow down, and see those around us who are hurting.

Discussion Questions:

- How often do you notice the struggles and pain of others around you?
- What do you think describes behaviour of someone hurting?
- What are some practical ways to develop a more compassionate and observant heart?



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Practical Application:

Helping others means that we NEED the Holy Spirit to give us wisdom, to comfort us and give us strength to keep being authentic, caring without being manipulated. People have different giftings, and the body of Christ needs all of us to work together with our own strengths. Back this up with prayer, and humility.

2. Listening with Empathy

Read: James 1:19 “Everyone should be quick to listen, slow to speak and slow to become angry.”

When someone who is hurting can give our full, empathetic attention. When relevant refer them to professional person or give practical care where possible. Often, people don't need advice or solutions right away—they need to be heard. Active listening can bring comfort and healing.

Discussion Questions:

- Why is it difficult to listen without immediately trying to solve someone's problems?
- How does listening make someone feel valued and understood?

Practical Application:

How can your group practically care for each other. Care starts at home, then in your group, and then in the bigger community of the Church.

3: Bearing each other's burdens

Read: Galatians 6:2 “Carry each other's burdens, and in this way you will fulfill the law of Christ.”

When others are hurting, we are called to help carry their burdens. This means offering practical support, encouragement, and prayer. We reflect the love of Christ when we share in the difficulties of others. The Bible contains many promises, and it is truth. We can also use people God has sent to help for professional counselling where relevant.

Discussion Questions:

- What does it mean to "carry someone's burden" in a practical sense?
- How can you be more intentional about helping others in times of need?

Practical Application:

Believers have been given gifts to use for the edification of the body of Christ. In your group, can you identify your gifts? We can also care without using those specific gifts, - it does not take a gift to be able to pray and be kind. But those who can cook, make meals.

Encourage everyone to think of one person in their life who is currently going through a hard time. Challenge them to take action by offering practical help (a meal, a ride, babysitting, financial assistance, etc.) or spiritual support (prayer, Scripture, words of encouragement).



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We need to remember that we are not doing this for HUMAN acknowledgement, but to glorify God.

4. Offering Comfort

Read 2 Corinthians 1:3-4 “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.”

Discussion Questions:

- In what ways has God comforted you during difficult times?
- Discuss this verse and how we can apply it to comforting others.
- How can you offer that same comfort to someone else?

Practical Application:

Note to facilitator: keep check on time for stories. Share personal stories of how God’s comfort has impacted you during trials.

5: Praying for the Hurting

Read: Ephesians 6:18 “And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.”

Prayer is one of the most powerful ways we can support those who are hurting. Sometimes, we can feel helpless in the face of others’ suffering, but through prayer, we invite God’s intervention, healing.

Conclusion

Responding to the hurt of others with Christ-like compassion is a powerful way to reflect God’s love to the world. By being present, praying, and offering practical support, we can be the hands and feet of Jesus to those in need. When we step into others’ pain with empathy, we reflect the heart of Christ and contribute to their healing and comfort.

Close with prayer