



**PART TWO:
HOPE FOR
THOSE WHO HURT**

*Connect Group Discussion Guide
Sunday, May 18, 2025*



RESTORATIONLIFE
CHURCH

HOPE FOR THOSE WHO HURT

Psalm 30

ICE BREAKER

What is the best compliment you have ever received?

GOING DEEPER

- 1) Why is the belief that bad things can't happen to me such a dangerous lie?
- 2) Some people believe that the bad things that happened to them (or that they did) will haunt them for the rest of their lives. What does Psalm 30:5 say to that person?
- 3) Why is it important to reach a point in your life where you turn away from self-reliance and rely on God's strength?
- 4) Pastor Dave said, "When you turn to God for help, He turns things around." Did he mean that when you turn to God, all your problems are immediately solved and you'll never experience pain again? If not, what does that statement mean?
- 5) Read Psalm 30. What are some of the things God does for His people when they turn to Him for help instead of relying on their own strength?
- 6) Why is it important to remember that hurt we experience today will not prevent us from laughing tomorrow?

GOD'S TRUTH TO REMEMBER

Psalm 30:11-12 (NIV) - You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

PRAYER REQUESTS

(List prayer requests here so you can pray for them all week long.)

SERMON NOTES