



## **Coming Back from a Broken Heart**

### **Leaders Tips**

*April 6/7, 2013*

### **Connect with Others** *(Choose one)*

- 1. When was the last time you had a good cry? What were the circumstances? How did it feel to let the floodgates open?**
- 2. Describe a time when you mistook someone for the wrong person. What were the circumstances? How did you feel?**

### **Commit to Growth**

*Read John 20:1- 18*

- 1. Put yourself in Mary's place in John 20:10-20. How do you think Mary felt at the empty tomb? How about when Jesus said her name? What impresses you most about their encounter?**

Mary Magdalene's heart was broken and she had done nothing to deserve it. The Greek word for her crying was one of loud wailing. Hysteria! But her tears are turned to joy when Jesus calls out her name! She recognizes Jesus and she cries out, "Teacher!" There is hope in this declaration. Notice how Jesus comes to comfort her and brings her hope.

- 2. Describe a time when Jesus spoke your name in a time of grief. How did it affect you?**

Like Mary who received comfort and hope when she encountered the resurrected Jesus, have the group describe their own personal experiences with the risen Christ.

- 3. What term does Jesus use for his disciples here (v.17)? What is new in their relationships from now on (see John 15:15)? What does this mean to you?**

After his resurrection, Jesus calls the disciples brother, which means he has now entered a new relationship with them. In Christ, we have been adopted into the family of God. Discuss the significance of this term and the impact that it can have on us as we encounter disappointment and pain in this world. See Romans 8:14-17.

**4. What is significant about the way Jesus refers to God to 20:17?**

Jesus refers to God as his Father and his God. It is a personal relationship, but now God is the Father of Christ and of all believers as well.

**5. In considering this story and Pastor Rick's message, why does God allow our hearts to be broken? How might this understanding clear up your misconceptions about pain?**

Taking from the C.S. Lewis quote, "To love at all is to be vulnerable. Love anything and your heart will be wrung and possibly broken." Discuss some of the misconceptions that the members of the group might have about disappointment and pain and then journey on to the next question to deal with those misconceptions and steps that Rick discussed.

**6. Pastor Rick discussed 7 Steps to coming back from a broken heart. Of those 7 Steps, which one is the most difficult for you to embrace? How might embracing that step help you come back from an area of pain or disappointment in your life?**

Here they are in short order...

- a. Don't assume that God is punishing you or is mad at you.
- b. Don't isolate. Seek the company of friends and counsel
- c. Keep trusting God.
- d. Don't bottle up your emotions.
- e. Don't attempt a temporary fix.
- f. Let God take charge of the garden.
- g. Don't cling to the things of this world. Place our hope heavenward.

**7. How can the group support you in prayer this week?**