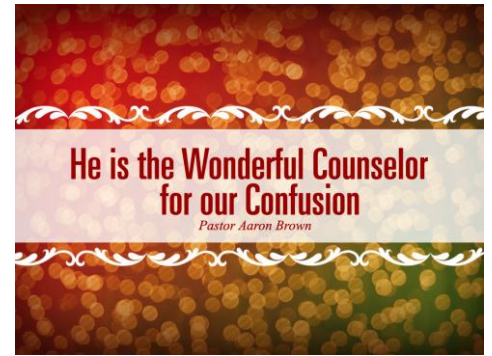


Sermon Discussion Guide

December 4, 2011



1. What comments do you have about the painful memories Pastor Brown shared from his childhood?
2. Pastor Brown gave three reasons why Jesus is a Wonderful Counselor who can heal all of our emotional hurts.

He Understands Us

Read Psalm 139. What does this Psalm teach us about how well God understands us?

Read Isaiah 53:2-7, 1 Peter 2:23, Luke 22:31-34. Make a list of common emotional problems that Jesus had to face. (Example: Jesus knows what it feels like to not measure up to the world's standard of physical beauty. Isaiah 53:2)

He Cares for Us

Read 1 Peter 5:7 and Matthew 11:28-30. What do these verses say about Jesus' care for us?

Read Isaiah 53:4-5, Hebrews 4:15-16 and James 1:5. How is Jesus, the wonderful counselor different from other counselors?

He Gives Wise Counsel to Us

Read Isaiah 55:2-3, Psalm 32:8, Romans 11:33-36 and Isaiah 28:29. Why can we trust the counsel from the Wonderful Counselor?

What can we learn about how God gives us counsel from this quote from Dr. Henry Cloud?

Marriages and relationships are healed every day when principles from the Bible are applied correctly. The most successful, researched, and proven treatments for depression, anxiety and addictions are all right out of the Bible. The Secret Things of God

3. Pastor Brown shared that forgiving his parents allowed the wonderful counselor to bring healing to his wounded heart. Do you agree that learning to forgive is one of the major ways that God brings healing to our emotional hurts?
4. Read Matthew 6:14-15 and Mark 11:25. What do they teach us about forgiveness?
5. Pastor Brown shared the following benefits of forgiveness. Have you experienced the freedom of forgiveness?
 - It freed me from the bondage of bitterness and anger.
 - It freed me from the false shame and guilt of Satan.
 - It freed me from lie that I was emotionally scarred for life.
 - It renewed a relationship with my parents.
 - It broke the cycle of dysfunction.
6. Comment on this quote from Dr. Henry Cloud in his book The Secret Things of God.

The saying, "time heals all things" is just not true. If you have an infected finger, the last thing you want to do is give it more time. Untreated, it will get worse... Our hearts, minds and souls are exactly like that. When we hang on to unforgiveness or bitterness, we drag old garbage into new relationships and situations. ...I know many people who have been horribly abused, abandoned, used and betrayed...who now have wonderful, fulfilling lives. Because...they have forgiven the ones who hurt them.