



MODULE TWO:
BEING HEARD





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1. What kinds of events could cause Heart wounds?
Have you known anyone who has suffered in this way?
Have you been wounded in this way?





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2. Reflect on the stories of David, Peter, and Paul, and consider how the wounds you have suffered in your life may be used for the furthering of God's Kingdom.





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3. We become good listeners by practicing. Even as we practice, we can help each other heal. Think about a conversation between yourself and someone that you trust. What are some helpful things you can do as a listener to support your friend?





SCRIPTURE REFERENCES

1 Samuel 22:1-21 (ESV)

22 David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. 2 And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul,[a] gathered to him. And he became commander over them. And there were with him about four hundred men.

3 And David went from there to Mizpeh of Moab. And he said to the king of Moab, "Please let my father and my mother stay[b] with you, till I know what God will do for me." 4 And he left them with the king of Moab, and they stayed with him all the time that David was in the stronghold. 5 Then the prophet Gad said to David, "Do not remain in the stronghold; depart, and go into the land of Judah." So David departed and went into the forest of Hereth.

6 Now Saul heard that David was discovered, and the men who were with him. Saul was sitting at Gibeah under the tamarisk tree on the height with his spear in his hand, and all his servants were standing about him. 7 And Saul said to his servants who stood about him, "Hear now, people of Benjamin; will the son of Jesse give every one of you fields and vineyards, will he make you all commanders of thousands and commanders of hundreds, 8 that all of you have conspired against me? No one discloses to me when my son makes a covenant with the son of Jesse. None of you is sorry for me or discloses to me that my son has stirred up my servant against me, to lie in wait, as at this day." 9 Then answered Doeg the Edomite, who stood by the servants of Saul, "I saw the son of Jesse coming to Nob, to Ahimelech the son of Ahitub, 10 and he inquired of the Lord for him and gave him provisions and gave him the sword of Goliath the Philistine."

11 Then the king sent to summon Ahimelech the priest, the son of Ahitub, and all his father's house, the priests who were at Nob, and all of them came to the king. 12 And Saul said, "Hear now, son of Ahitub." And he answered, "Here I am, my lord." 13 And Saul said to him, "Why have you conspired against me, you and the son of Jesse, in that you have given him bread and a sword and have inquired of God for him, so that he has risen against me, to lie in wait, as at this day?" 14 Then Ahimelech answered the king, "And who among all your servants is so faithful as David, who is the king's son-in-law, and captain over[c] your bodyguard, and honored in your house? 15 Is today the first time that I have inquired of God for him? No! Let not the king impute anything to his servant or to all the house of my father, for your servant has known nothing of all this, much or little." 16 And the king said, "You shall surely die, Ahimelech, you and all your father's house." 17 And the king said to the guard who stood about him, "Turn and kill the priests of the Lord, because their hand also is with David, and they knew that he fled and did not disclose it to me." But the servants of the king would not put out their hand to strike the priests of the Lord. 18 Then the king said to Doeg, "You turn and strike the priests." And Doeg the Edomite turned and struck down the priests, and he killed on that day eighty-five persons who wore the linen ephod. 19 And Nob, the city of the priests, he put to the sword; both man and woman, child and infant, ox, donkey and sheep, he put to the sword.

20 But one of the sons of Ahimelech the son of Ahitub, named Abiathar, escaped and fled after David. 21 And Abiathar told David that Saul had killed the priests of the Lord.





SCRIPTURE REFERENCES

Psalm 109:22 (ESV)

For I am poor and needy, and my heart is wounded within me.

Matthew 26:34–35 (ESV)

34 Jesus said to him, “Truly, I tell you, this very night, before the rooster crows, you will deny me three times.” 35 Peter said to him, “Even if I must die with you, I will not deny you!” And all the disciples said the same.

Matthew 26:69–75 (ESV)

9 Now Peter was sitting outside in the courtyard. And a servant girl came up to him and said, “You also were with Jesus the Galilean.” 70 But he denied it before them all, saying, “I do not know what you mean.” 71 And when he went out to the entrance, another servant girl saw him, and she said to the bystanders, “This man was with Jesus of Nazareth.” 72 And again he denied it with an oath: “I do not know the man.” 73 After a little while the bystanders came up and said to Peter, “Certainly you too are one of them, for your accent betrays you.” 74 Then he began to invoke a curse on himself and to swear, “I do not know the man.” And immediately the rooster crowed. 75 And Peter remembered the saying of Jesus, “Before the rooster crows, you will deny me three times.” And he went out and wept bitterly.

Acts 8:1–3 (ESV)

And Saul approved of his execution. And there arose on that day a great persecution against the church in Jerusalem, and they were all scattered throughout the regions of Judea and Samaria, except the apostles. 2 Devout men buried Stephen and made great lamentation over him. 3 But Saul was ravaging the church, and entering house after house, he dragged off men and women and committed them to prison.





SCRIPTURE REFERENCES

1 Timothy 1:13–16 (ESV)

13 though formerly I was a blasphemer, persecutor, and insolent opponent. But I received mercy because I had acted ignorantly in unbelief, 14 and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. 15 The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners, of whom I am the foremost. 16 But I received mercy for this reason, that in me, as the foremost, Jesus Christ might display his perfect patience as an example to those who were to believe in him for eternal life.

2 Samuel 23:1 (ESV)

Now these are the last words of David:
The oracle of David, the son of Jesse,
the oracle of the man who was raised on high,
the anointed of the God of Jacob,
the sweet psalmist of Israel:

John 21:15–19 (ESV)

15 When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” 16 He said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” 17 He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him, “Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. 18 Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” 19 (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”





SCRIPTURE REFERENCES

Acts 9:13-16 (ESV)



13 But Ananias answered, “Lord, I have heard from many about this man, how much evil he has done to your saints at Jerusalem. 14 And here he has authority from the chief priests to bind all who call on your name.” 15 But the Lord said to him, “Go, for he is a chosen instrument of mine to carry my name before the Gentiles and kings and the children of Israel. 16 For I will show him how much he must suffer for the sake of my name.”

