



These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

## Message Recap:

### Read Mark 5

The story of the Bible - when pain meets love. You can see this by simply looking at the cross. The world says hold on to pain. Jesus says to let go, as He has released our pain. The possessed man in Mark 5 was described as having an impure spirit. Everyone has and/or will battle impure spirits. Most of us are living each day from and in the battle. Even so, our souls long for the touch of Jesus and to live in His peace. Give Jesus your pain and live. He is more than enough. You don't need more knowledge or more training. You just need to give up your pain for love, accept it in faith, and tell your story.

## Pray

Dear Jesus, You are more than enough. You fight our battles and cast out our impure spirits. Help us give you our pain and leave it with you knowing you have already taken it to the cross. As you restore us to freedom and release us from pain, drive our hearts and minds to be willing tell others how you have allowed us to trade our pain for love. Amen

## Getting Started

- The theme of pain and revenge is often the plot on TV shows, movies and even the evening news cast. What have you seen recently that glorified the worldly virtue of revenge?
- We are all uniquely wired. Tell about your experience with your challenging unique wiring or your experience with someone else's.

## Digging Deeper

1. The possessed man in Mark 5 struggled with an unclean spirit. When you hear the statement that we all have unclean spirits to deal with, what is your first thought? Explain.
2. Knowing we all have unclean spirits, what unclean spirit have you seen in the past or do you see today in your life or the lives of others?
3. What are the implications of this statement: "Wherever you take your pain, you take your life"?
4. How do we stop passing unclean spirits to the next generation?
5. Why is it so important to put a name to our pain?
6. How does giving our pain to Jesus bring healing?
7. If you have faced your pain and given it to Jesus, share your experience and the outcome.

## Living Jesus

We have all faced soul-crushing rejection and pain. Pain likes to hide in our hearts to avoid confrontation, ultimately destroying our lives. Jesus wants you to trade your pain for love. He wants you to be healed. If you haven't done so already go to Jesus, name your pain, and take action to be healed. Action can include talking with counselor, telling another Christian, or being still with God. Jesus is greater than anything you can name. And He is the only one who promises you abundant life in exchange for your pain.

## What's Your Story?

Jesus instructed the possessed man in Mark 5 to tell others what he experienced. When we have been healed Jesus tells us to do the same—no additional training needed or expected. How will you do as instructed by Jesus and brighten the world around you each day?

Share how God is working in your life at [SevernRunner.info/stories](http://SevernRunner.info/stories).