

# STUDY GUIDE: “Hurt or the Healer?”

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***Note:** Have you ever been so hurt that you started making decisions just to survive the pain? You know you’re called. You know you’re chosen. But then life hits hard, and suddenly, what was once built on faith starts shifting toward fear, comfort, or compromise. Every day, we are faced with the choice: Will I choose the Hurt or the Healer?*

## **Psalm 18:2 ESV**

**“The Lord is my rock** and my fortress and **my deliverer**, my God, **my rock**, in whom I take refuge, my shield, and the horn of **my salvation**, my stronghold.”

## **Matthew 11:28 NLT**

**“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.”**


- **Main Point:** You were never meant to \_\_\_\_\_ your life on your hurt but on the Rock, Christ Jesus.

***Note:** Sometimes the wounds we carry cause us to lay our life, which has been dedicated to God, on the wrong foundation.*

*Let’s look at a man who was dedicated to God from birth — Samson — and how hurt led him away from his purpose. After his parents received the Word from God, Their Promise, ‘Samson’ was born with great strength. Now, as long as their promise of salvation, ‘Samson’ remained dedicated to God on His proper foundation, Christ, he would live with this great strength. But Samson eventually laid his life, his love, and his identity on the wrong foundation, in the lap of Delilah. Leading him to become weakened and blinded by His enemy.*

- In this story, we see the power that Hurt, guilt, and shame have to \_\_\_\_\_ our sense of identity and purpose when left unhealed.

**Note:** *I want us to examine the story of Samson in this way so we can apply our salvation walk with God. We have received Jesus, the living Word of our salvation. He has given us a new covenant promise and a life of salvation. And as long as our new life remains dedicated and at rest in Christ, we will live empowered with the strength and grace of God. And though we will face struggle and carry a burden at times, our lives are at rest in Christ. His strength is carrying the weight and will see us through.*

 **Encouragement:** Christ is our Savior, and He's the Rock that we are to rest our lives and build on. Jesus is not afraid of your pain — He heals it. God's not asking you to pretend the hurt isn't real — He's inviting you to place it in His hands. His foundation will never fail.

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**Note:** *Samson eventually laid His head on the wrong foundation. Why? Because pain, unhealed, can lead us to seek comfort in the wrong places. Did you know that Samson was actually married before he ever met Delilah?*

### **Judges 14:1-3 ESV**


"Samson went down to Timnah, and at Timnah he saw one of **the daughters of the Philistines**. Then he came up and told his father and mother, "I saw one of the daughters of the Philistines at Timnah. Now get her for me as my wife." But his father and mother said to him, "Is there not a woman among **the daughters of your relatives, or among all our people**, that you must go to take a wife from **the uncircumcised Philistines?**" But Samson said to his father, **"Get her for me, for she is right in my eyes."**

- God gave Samson strength through his \_\_\_\_\_. But from the start, Samson was guided by what "looked right" in his own eyes. This would be his first \_\_\_\_\_, leading him to marry into the very situation God had sent him to overcome.

**Note:** Samson's Wife guilted, Hurt, and shamed Him about a riddle. She had pressed his emotions for seven days about his character, his love, and his vow, and now she is with another man. And not just anyone, but His best man. And to top it all off, his wife, whom he loved, was then burned to death by His enemies.

Samson's story reminds us that being dedicated to God doesn't make us immune to emotional Hurt, but if we're not careful, those wounds left unchecked can guide our decisions. Leading us to lay our lives on the wrong foundation.

- Our lives should be dedicated and at rest on the \_\_\_\_\_ of Christ; restoration is found within His embrace.

 **Encouragement:** Even if your story starts with strength and calling, unchecked emotions can cause a detour. But God can redeem every detour when you return to Him. Even if you've made decisions based on your hurt, it's not too late to re-center your foundation on Christ.

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**Note:** After these events, we see Sampson beginning to follow these hurts.

### **Judges 16:1 ESV**


"Samson went to Gaza, and there he saw a prostitute, and he went in to her."

### **Judges 16:4 ESV**

After this he loved a woman in the Valley of Sorek, whose name was Delilah."

- **Main Point:** Samson didn't fall all at once — it started with \_\_\_\_\_ and \_\_\_\_\_.
- Samson ran to many women for comfort — but it was a \_\_\_\_\_.
- Delilah wasn't just a temptress— she was a symptom of \_\_\_\_\_ pain.
- Hurt opens the door to anger, revenge, and distraction. And if we are not careful, we begin to chase \_\_\_\_\_ without proper \_\_\_\_\_.

- Guilt and Hurt can lead us to make spiritual \_\_\_\_\_. Repeated compromise will wear you down. Don't let guilt become your guide. Samson didn't just lose strength — he gave it away.
- Hurt and disappointment are always going to come. It's part of the journey, but who you follow in these moments defines your \_\_\_\_\_. Don't leave hurt unchecked. We need to bring everything to Jesus because He cares for you.

 **Encouragement:** God restores clarity where pain brings confusion. He is not afraid of your emotional pressure, but He wants to be the one you run to, not away from. Our lives should remain dedicated and at rest upon Christ through it all. Like Samson, many of us are gifted, called, and anointed — but if we rest our lives on anything other than Jesus, it will crumble. No matter how gifted you are. The enemy didn't need to overpower Samson. He just needed him to lie down on the wrong foundation. But here's the hope: God wasn't done with Samson. And he's not done with you. If you've been resting in the wrong place, you're one decision away from returning to the arms of the Father. His embrace is peace. His presence is healing.

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#### **Judges 16:17-21 NLT**

**"Finally, Samson shared his secret with her.** "My hair has never been cut," he confessed, "for I was dedicated to God as a Nazirite from birth. If my head were shaved, my strength would leave me, and I would become as weak as anyone else." Delilah realized he had finally told her the truth, so she sent for the Philistine rulers. "Come back one more time," she said, "for he has finally told me his secret." So the Philistine rulers returned with the money in their hands. **Delilah lulled Samson to sleep with his head in her lap, and then she called in a man to shave off the seven locks of his hair. In this way she began to bring him down, and his strength left him.** Then she cried out, "Samson! The Philistines have come to capture you!" **When he woke up, he thought, "I will do as before and shake myself free."** But he didn't realize the Lord had left him. **So the Philistines captured him and gouged out his eyes.** They took him to Gaza, where he was bound with bronze chains and forced to grind grain in the prison."


**Judges 16:22 ESV** "But the hair of his head **began to grow again** after it had been shaved."

- **Main Point:** God wasn't done with Samson — and He's not done with \_\_\_\_\_.

### **Psalms 147:3 NLT**

"He heals the brokenhearted and bandages their wounds."

- After failure, Samson's hair began to grow again — I love that the Bible highlights this sign of God's \_\_\_\_\_ and restoration. Your \_\_\_\_\_ is not your final chapter.
- When Samson finally turned to God for help, instead of seeking help everywhere else within His own strength, God restored Samson. God is faithful to respond when we \_\_\_\_\_ to Him.


 **Encouragement:** No matter how far you've fallen or how long you've been wandering, one moment of surrender can bring supernatural restoration. God never gave up on Samson, and He hasn't given up on you.

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### **Psalms 3:5-6 NLT**

"I lay down and slept, yet I woke up in **safety**, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side."

- **Main Point:** We all face hurt. The question is: Will we follow the \_\_\_\_\_ or the \_\_\_\_\_?
- Christ invites the weary and the burdened to \_\_\_\_\_ on Him. When you lay your head on the right foundation, you will wake up in \_\_\_\_\_.

 **Encouragement:** Healing doesn't always happen overnight, but it begins the moment you decide to rest in Christ. He is the Rock that never cracks under pressure. So, where is your life resting today? On the pain of your past — or on Jesus? Jesus is inviting you: *Come to Me, all who are weary and burdened, and I will give you rest.* Upon Christ, you are dedicated and protected by His Strength. When you rest your head on Christ and his foundation, you wake up in safety and strength.

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**Personal Reflection Questions:**

1. When you're overwhelmed or hurting, where do you naturally turn for comfort?
  - What would it look like to trust God with that part of your story?
  
2. Do you believe God can still use you, even if you've messed up? Why or why not?
  - How does Samson's story encourage you?