



PAIN RARELY STAYS HIDDEN

with Matt Bostic

▶ FOCUS VERSE

Whoever conceals his transgressions will not prosper,
but he who confesses and forsakes them will obtain mercy.
Proverbs 28:13

▶ DISCUSSION

1. **Over the course of his career in ministry, Matt moved multiple times and even broke a Guinness world record for basketball shots, thinking that these actions would somehow bring about healing, but he still felt broken inside.**
 - a. Have you ever found yourself in a similar situation—doing something that didn't really address your problems or trauma head-on and hoping that would fix things?
 - b. What did you do, and what purpose did you hope it would achieve?

2. **Matt also talked about the insecurity he felt teaching young people and others at his church about things he was still “wrestling with.”**
 - a. Are there any areas in your life in which you still feel this kind of “impostor syndrome,” teaching or helping other people when you don't feel like you have your life together yourself?
 - b. How did you find yourself in that situation?



- 3. Can you think of any other parts of your life in which you feel overextended, or that you've taken on too much?**
- a. Why do you feel reluctant to ask others to help carry part of that burden?
- 4. Matt talks about the need to have people in one's life who "know the sound of your voice"—who can sense when something's wrong even if you don't tell them about it explicitly.**
- a. Do you have anyone like that in your life?
- b. If not, what do you think you might be able to do to find them?
- 5. Have you ever been surprised by someone who told you something about yourself that you hadn't been willing to admit?**
- a. What did they tell you, and how did that affect you?
- 6. Of all the problems or responsibilities you're facing, which are the ones you can do something about right now, and which are the ones you can't?**
- a. Would you be willing to ask someone for help with the problems in the second category?
- 7. Matt says that people with bleak prospects coming out of jail often tell him, "I've been told 'no' so many times, I'm going to say 'yes' to the wrong thing."**
- a. Have you ever been in a similar situation?
- b. What "wrong thing" did you say "yes" to, and how did it affect your life?

