



YOU CAN'T HEAL FROM WHAT YOU KEEP HIDDEN

with Jordan Thome

▶ FOCUS VERSES

Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.
Ecclesiastes 4:9-10

▶ DISCUSSION

- 1. What was your *parents'* upbringing like in terms of faith?**
 - a. Did they grow up in environments that were strongly faith-oriented, or were they left to go their own way as far as spiritual growth?
 - b. In your view, how did that affect their lives, and how did it impact the upbringing they gave you?
- 2. Did you ever do something—like Jordan's mission trip to Nicaragua as a teenager—that you didn't really want to do, but you ended up being grateful for when it was over?**
 - a. Why were you initially resistant, and what did you learn or gain that you hadn't expected?
- 3. Discuss Nate's statement that "You're not going to heal from things you keep hidden."
(See *Luke 8:17*.)**
 - a. Have you ever dealt with a problem in your own life that got worse as a result of not talking about it?
 - b. How did that silence contribute to the problem getting more severe?



4. Do you spend “quality time” with your spouse/partner—that is, when the two of you are together, are you actively engaging each other in conversation, or are you doing something that doesn’t really involve interaction, such as watching TV or looking at your phones?
5. When you and your spouse *do* have conversations, are they about deep topics or mostly superficial matters?
- a. Is there a subject you’d like to bring up with your spouse but haven’t?
 - b. What has prevented you from bringing it up?
6. When do you feel most isolated?
- a. Does that isolation come from outside, or is it more self-imposed?
 - b. Could you reach out to other people in those environments or situations, or would the better solution be to remove yourself from those environments/situations entirely and seek out something healthier?
7. Do you have a “corner man” in your life—someone you can turn to when things are tough, someone who can give you meaningful advice or a “second opinion” on a problem you’re struggling with?
- a. If not, which man in your life comes closest to fitting that description?
 - b. What are some things you could do to deepen your relationship with that person, to the point where you could share your problems and emotions with him?

