

Discussion Guide

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Untwisting Scriptures

to Find Freedom
and Joy in
Jesus Christ

Book 5
Brokenness &
Suffering



Introduction

This discussion guide is designed to be done as a group, even a group as small as 2 or 3.

When we never share our experiences, we can feel alone and isolated, but when we are willing to share our experiences, we can find others who have experienced something similar.

One component of processing losses is the ability to grieve losses together as compassionate witnesses for each other. That's who we want to be for one another, even as we ourselves need to be heard and understood.

Keep this in mind as you discuss *Untwisting Scriptures Book 5* with others. The primary purpose of this processing experience is to draw you closer to the true Lord God Most High and to others who love Him.

Chapter 1

Does God “Consume,” “Crush,” and “Break” His People?

Untwisted Truths

- Those of us who love the Lord don't have to be crushed to be a sweet fragrance for Him. We are that fragrance because we are in Christ and we spread the good news of His Kingdom.
- The biblical account of the woman breaking the bottle of perfume to anoint Jesus was not about Jesus' followers being broken. It was about anointing Him for His burial.
- The Bible never indicates that God has any desire at all to break, crush, consume, or destroy His faithful people whom He loves.
- The Bible indicates that God will bring brokenness to a hard heart in order to bring a hard-hearted person back to Himself.
- The Bible is replete with accounts of who it is who will be broken, crushed, consumed, and destroyed by God. It is the wicked whose hearts are set against God.
- God's faithful people who love and follow Him will not be broken. They will be restored.

Chapter 1

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 1?
2. Describe an experience you (or a loved one) has had of believing that God should crush, break, and consume you.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 1?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 1.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 1.

Chapter 2

Don't Live "Brokenness as a Lifestyle"

Untwisted Truths

- There are no examples in the Bible that show that a Christian needs to be perpetually broken in order to be of service in the Kingdom of God.
- Broken objects in the Bible don't mean that we should break ourselves.
- It is appropriate and biblical to be brokenhearted over any egregious sin we commit, but then to expect God to restore us.
- It is appropriate and biblical to be brokenhearted over the egregious and hard-hearted sins of others and to cry out to God about them.
- Our loving Father desires to heal and restore the brokenhearted.

Chapter 2

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 2?
2. Describe an experience you (or a loved one) has had of believing you should live brokenness as a lifestyle.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 2?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 2.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 2.

Chapter 3

Is Our Suffering Sometimes Like Karma from God?

Untwisted Truths

- God does not work in a mysterious “karma” way with His children.
- There is suffering in this life. But our Savior’s heart is for His children, whom He loves

Chapter 3

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 3?
2. Describe an experience you (or a loved one) has had of believing that God punishes for sins you don't remember or don't even know about.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 3?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 3.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 3.

Chapter 4

Is God Glorified Through Our Suffering?

Untwisted Truths

- God's glory is intrinsically related to His goodness.
- Glorifying God is about drawing the attention of others to His greatness and goodness.
- Suffering is not intrinsically glorifying to God.
- Suffering can be related to glorifying God through healing or deliverance, through turning from sin to God, through development of faith, and through divine power to stand strong in the Lord in the face of persecution.
- The fact that God can bring good out of suffering does not give Christians permission to have a passive attitude toward suffering.
- One of the most significant ways Christians can glorify God is through their display of His goodness and kindness to the suffering, as His emissaries on earth.

Chapter 4

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 4?
2. Describe an experience you (or a loved one) has had of believing that suffering is intrinsically glorifying to God (glorifying to God in and of itself).
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 4?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in Untwisting Scriptures Book 4, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 4.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 4.

Chapter 5

Can I Become More Holy Through Suffering?

Untwisted Truths

- Suffering will not make you any more holy or “set apart” than you already are by faith in Jesus Christ through the power of the Holy Spirit.
- If suffering is unavoidable or must be endured to achieve a vital goal, then it is to be endured.
- If suffering can be escaped without loss of personal integrity, it is biblically right to escape.
- The teaching that we should “embrace” suffering can lead to self-righteousness and the enabling of wickedness.
- It is biblically appropriate to cry out under the cruelty of the wicked.
- Your “holiness” as a child of God means that when you trust in Jesus Christ, you are set apart by God, precious in the Beloved.

Chapter 5

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 5?
2. Describe an experience you (or a loved one) has had of believing that suffering in and of itself would make you more holy.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 5?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 5.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 5.

Chapter 6

Addressing the Accusation of “Victim Mentality” in the Lives of Sufferers

Untwisted Truths

- Though the Bible doesn't use the word *victim*, it describes the category of the oppressed and gives clear instructions as to how to help those people. This does not include telling them to face their own sin.
- When someone has been sinned against, that person needs to be helped in regard to the sin that has been perpetrated against him or her.
- We help victims and survivors of the sin of others more responsibly be able to face dealing with their own sin as we offer compassion to them regarding the oppression and abuse they have experienced.

Chapter 7

What is the Right Attitude Toward One Who Seems to Have a “Victim Mentality”?

Untwisted Truths

- Those who “complain” about bad things that have happened to them do not necessarily have a “victim mentality.” Often what they need is to be heard, understood, and validated.
- The “victim vs. survivor” paradigm is not always clear, since those who want to recover from having been harmed are sometimes still being harmed in various ways.
- Those who blame others for everything that goes wrong in their lives could perhaps legitimately be thought of as having a “victim mentality.”
- Highly empathetic, kind, caring people need to remember that they themselves deserve and need kindness as well.
- The Lord Jesus Christ offers rest to His people.

Chapters 6 and 7

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapters 6 and 7?
2. Describe an experience you (or a loved one) has had of believing that expressing anything about your suffering meant you had a "victim mentality."
3. If Scriptures about this topic became twisted for you regarding this concept, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapters 6 and 7?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapters 6 and 7.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapters 6 and 7.

Chapter 8

Words from the Apostles on Suffering

Untwisted Truths

- Pronouns in Scripture need to be read as applying to the original writers and those they were writing to instead of (or before) applying them directly to ourselves.
- Paul entered suffering consciously and willingly, knowing he would suffer for the sake of taking the gospel to those who hadn't heard and knowing that God the Spirit would comfort him.
- Our Father God will comfort us in our suffering as we continue to look to Him in faith and get to know Him as He really is.
- "Persecution" of Jesus followers includes not just direct persecution for our faith, but also bullying and abuse.
- In spite of the persecution that Christ's followers experience at the hands of wicked ones, we are blessed, because we have a greater reward ahead.

Chapter 8

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 8?
2. Describe an experience you (or a loved one) has had of believing that you were obligated to suffer because of the words of the apostles on suffering.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 8?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 8.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 8.

Chapter 9

Jesus and Boundaries

Untwisted Truths

- A close examination of the life of Jesus shows that He practiced appropriate boundaries throughout His public ministry.
- We can follow the example of Jesus in our application of boundaries.
- God's people will suffer at the hands of evildoers. But let it be while we're standing against the evil and calling it for what it is. Let it not be while we're complicit, pretending that evil is good.
- We want to have no walls between us and our Lord.
- Appropriate boundaries with others will help us to be able to offer more of ourselves in the service of our Lord, not less.

Chapter 9

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 9?
2. Describe an experience you (or a loved one) has had of believing that the example of Jesus taught you that you shouldn't have any boundaries.
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 9?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 9.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 9.

Chapter 10

How Jesus Defeated That Roaring Lion and How We Can Too

Untwisted Truths

- The enemy of Jesus Christ, the devil, roared like a lion against Him, seeking to destroy Him. Even through His suffering, our Lord Jesus defeated that lion.
- That lion will be ultimately defeated as believers resist him in the faith, standing firm in what Jesus Christ has done for us.
- We are more than conquerors through Him who loved us.

Chapter 10

Questions for Discussion

Please feel no obligation to answer each question. Simply choose the questions that resonate with you.

1. Trauma can sit in the back of the brain without words. When you're in the company of compassionate witnesses, bringing forward thoughts associated with trauma and putting words to them can be a healing experience. What thoughts would you like to bring forward about chapter 10?
2. Chapter 10 is different in that it offers hope without untwisting any false teachings. Does an awareness of these truths change the way you think, and if so, how?
3. If Scriptures about this topic became twisted for you, what did you think about that at the time?
4. What do you think about it now, after having read this chapter?
5. Did any of the points made in this chapter cause you to actually look at the Word of God, to read the Scriptures in context? Tell more about that.

6. How would you articulate one thing you're learning about the true Lord God of the Scriptures as it relates to chapter 10?

7. How has your perspective toward Jesus changed through this chapter? How has your heart changed toward this subject?

8. "Metanoia," as described in *Untwisting Scriptures Book 4*, is the transforming of the mind. Describe an area where you have experienced or hope to experience metanoia in relation to the teaching outlined in chapter 10.

9. Growing in our relationship with our loving Lord is related to shedding lies and experiencing His truth, not just cognitively, but deeply in our spirit and soul. Ponder how you anticipate experiencing transformation in your relationship with the Lord as a result of anything He is showing you in connection with chapter 10.