

# ELEPHANTS

THINGS NOBODY WANTS TO TALK ABOUT

ABUSE – WEEK 4

## **Small Group Time:**

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with key questions, add any optional Scriptures and questions if needed, and then wrap up by deciding on your next steps.

## **Main Idea:**

Ever noticed how there are some things that are really difficult to talk about? It happens in our families, at our work, with our friends, & it most certainly happens in the church. And because things are difficult to talk about, we find ourselves constantly dancing around or avoiding those topics. Not anymore! It's time to have an open, healthy conversation about the "Elephants in the Room".

## **Key Questions:**

1. Do you remember, as a child, someone going out of their way to protect you from danger?
2. Ben said, "Oftentimes, we would rather stay in the familiar pain than risk the unknown." Have you ever felt this way before in some part of your life? Explain. How does this relate to abuse & even our response when we know someone is being abused?
3. Read **Ephesians 4:29-32**. What example is given for our kindness & forgiveness? Can we teach our kids to refrain from bullying, violence, demeaning language, or racism if we're not modeling it? Explain.
4. Read **Proverb 27:12**. What can a victim do to overcome a sense of helplessness?
5. How should we respond if we see abuse in the life of a friend or family member?
6. What's the most loving thing we can do for a victim of abuse?
7. What's the most loving thing we can do for an abuser?
8. What role can we play in stopping abuse in our lives, our families, & our world?

## **Next Steps:**

- What's one thing you will do this week as a result of something you learned from this message?