

FRACTURED FAITH

Finding Your Way Back to God
in an Age of Deconstruction

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Video Bible Study

Start Here

One of my favorite parts of sharing my story with you is the part where we take a walk back together into the waiting arms of Jesus. I'm talking about the Bible study part. Bible study is an interesting phenomenon. It can turn into a habit. It can be done out of duty. It can fill our heads with knowledge but still leave our hearts dry. I can't tell you how often I've missed God in the pursuit of the study of His word. It shouldn't come as a surprise to us. It happened to the pharisees. If you're reeling from the pain of your disappointments, or if you've been deeply wounded by God's people, you probably understand how easy it is to slip into a Christian life where we're going through the motions, but our hearts are kept safely hidden from God. When our faith becomes fractured, and it hurts, it's easy to choose numbness over healing. If you've read my book, *Fractured Faith*, then you know my story too well by now.

As a physician I am so well aware of the reality that I'm simply an instrument. I'm not the healer. All I do is help people find their way back to healing. That's my goal in this 7-week Bible study. No matter how much pain you're feeling, or maybe you're on the other side of pain, we're going to experience God's presence once again. We're going to see God's goodness afresh. We're going to find healing. My prayer is that God uses me to help point the way. Perhaps you need someone to lean on as you make your way back into the waiting arms of the Father. Consider this my shoulder to lean on, my gift to you.

I'm so grateful you've trusted me with the pain in your life. We've put together a PDF outline of my notes and study questions that will help you process the material. Each session will close with a Reset activity to help slow you down enough to experience God even more deeply.

Whether you choose to do this study alone or with a group of people, I'm so glad you showed up for the reconstruction of your faith.

Cheering you on,

Lina

Outline

- Lesson 1 Where is God in my pain?
- Lesson 2 Why did my story end up this way?
- Lesson 3 Why can't I overcome sin in my life?
- Lesson 4 Are Christians supposed to act this way?
- Lesson 5 Is God really fair?
- Lesson 6 Is this the normal Christian life?
- Lesson 7 What kind of love is this?

LESSON 1

Where is God in my pain?

FOUNDATIONAL SCRIPTURES

Take some time to read the verses below. Look them up in the Bible, considering the context.

MARK 4:35-41

"On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, "Teacher, do you not care that we are perishing?" And he awoke and rebuked the wind and said to the sea, "Peace! Be still!" And the wind ceased, and there was a great calm. He said to them, "Why are you so afraid? Have you still no faith?" And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

LESSON OUTLINE

These are some of the key points from the video session. Feel free to take additional notes in the space provided.

1. It's easier to assume God has forgotten me than to recognize the truth that it is God who _____ into the storm

2. It's easier to _____ God than to trust him when I'm stuck in the middle of the storm

3. It's easier to _____ God when I need him than to reach out to him when I'm unaware of how much I do

4. It's easier to worship God when I've experienced his power but _____
to worship him when I recognize who he really is

DISCUSSION QUESTIONS

Here's your chance to relate the truth of God's word to your own life. After you read the questions, respond in dialogue with others, or in writing.

1. Take some time to tell your story. Write down your life story focusing on the 3-5 most painful events you've ever gone through.
2. What is the biggest storm you're facing right now? How are you relating to God in your storm?
3. Looking back at the suffering in your life, in what ways can you see God's presence with you even when you weren't aware of it?
4. Make a list of all of the questions that you've wrestled with about God and His goodness. Don't force the answers yet. Simply write down your questions and ask God to give you answers.
5. Where are you in the spectrum of the deconstruction of your faith?

RESET

It's time to take a step closer towards God. Individually take a moment to tell God the truth about your pain. One way to do it is to write a letter to God, telling him what stories in your life have been the most painful. Pour your heart out to him. Don't be afraid of telling him what he already knows. Then pray this prayer as we close our time for this session.

*Lord,
Open my eyes that I may see you
Open my ears that I may hear you
Open my mouth that I may praise you
Open my heart to receive all that you have for me today.*

Answers to fill-in-the-blank

Lesson 1 Where is God in my pain?

#1 led me

#2 blame

#3 cry out to

#4 life changing