



WHEN IT HURTS

A TEACH & PLAY LESSON · WHEN CHURCH DISAPPOINTS · PSALM 73

"Until I went into the **sanctuary of God**; then I discerned their end." — Psalm 73:17

The game was loud. This part is just for you. Be honest — no one else reads this.

1. Church has disappointed me before by... *(write one thing — or "not really yet")*

2. When I'm hurt, my first instinct is usually... *(circle one)*

- 😞 GO QUIET — stop talking, stop showing up
- 🔥 GO LOUD — gossip, post, trash the whole church
- 🙏 GO TO GOD — pray honestly and look for help
- 🙄 PRETEND — act fine when I'm not

3. Right now I feel... *(check any)*

- Angry at a leader Embarrassed by hypocrisy
- Left out or gossiped about Tempted to quit church
- Still hopeful Not sure what I feel

4. One faithful step instead of ghosting could be... *(circle)*

- ▶ Talk to God honestly about the hurt (Psalm 73)
- ▶ Talk privately with the person who hurt me (Matthew 18:15)
- ▶ Tell a safe leader I trust — not the whole group chat
- ▶ Stay and serve while God heals me — not pretend it didn't happen

5. My prayer, in my own words:

"God — people failed me. You didn't. I bring this hurt to You. Help me pursue peace, not revenge. Keep me faithful to Christ and His church. Heal what is broken."

People fail. Christ doesn't.