



IronWorks: "Pure Cardio: Exercises for a Healthy Heart"

May 10 & 15, 2019

Teacher: Roger Thompson

The Hurting Heart

1. Has some trauma in my life been extended or deepened because I harbored unforgiveness for a person, institution, or group? What can I do about it?

2. Have I experienced post-trauma stress due to loss? how have I tried to control circumstances or people in order to protect myself?

3. In my loss or trauma how did I begin to trust God again? What, specifically, did I trust Him to do?



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WHAT CAN WE DO TO HELP THOSE WHO ARE STRUGGLING?

- Love them, don't judge them.
- Listen, stand beside them, invite them out.
- Give them time to talk.
- Speak from the heart: "I am so sorry for your loss."
- No platitudes.
- Let them tell you what they need.
- You can't fix this, don't try!
- Help with food, a handwritten individualized note, help with cleaning, lawncare or childcare.

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