

# Evening Lesson

## Harmful or Hopeful

**Scripture Reading:** Acts 16:27-32

Like Paul, we are all on a journey (Acts 16)

- Division and Discipleship – v.1-5
- Obstacle and Opportunity – v. 6-10
- Hopeful and Hurting – v.11-39

Sometimes *we get hurt on life's journey.*

- The slave owners were hurt financially (v.18-19).
- Paul and Silas were ethnically targeted (v.20).
- Paul and Silas were publicly abused, humiliated, and wrongfully imprisoned (v.22-24).
- The Philippian jailer was hurt, believing a lie (v.25-26).

Sometimes, *“hurt people hurt people.”*

- Like the slave owners, we may hurt others when we are hurting.
- Like jailer, we may intentionally or unintentionally bring harm upon ourselves when we hurt.

**WHY?** Emotion without logic produces survival instincts (run, battle, and freeze). We need both logic and emotion to function our best and respond to life's challenges.

Paul's *call was one of hope and assurance* (v.28-31).

- Instead of promoting division, Paul and Mark reconciled and advanced discipleship (2 Timothy 4:
- Rather than being discouraged by obstacles, Paul and Silas harnessed what opportunities given to them (Acts 16:6-10).
- Paul and Silas chose enduring harm while holding to and sharing their hope over giving into the vengeance and wrath that leads to hurting themselves and/or others.

Our plea, is the same as Paul to the Philippian jailer, “Do not harm yourself, we are all here.” Find a light to see clearly and seek help. Seek healing. Seek hope.