Notes

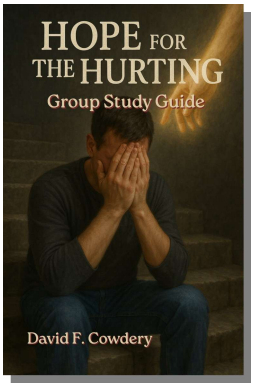
KAIROS PATHWAYS

Hope for the Hurting: Group Study Guide Notes

Free Tool: Editable Study Notes

This free, PDF was designed to work hand-in-hand with Hope for the Hurting: Group Study Guide — with a dedicated notes field for every module, so you can capture what God's showing you week by week, right on your device, without needing to print a thing.

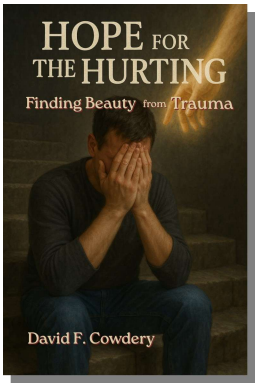
Because this tool follows the study guide module by module, you'll need a copy of Hope for the Hurting: Group Study Guide to get the most out of it — and since the study guide itself is built directly from David Cowdery's memoir, Hope for the Hurting: Finding Beauty from Trauma, you'll want that in hand as well. The three work as a set: the memoir tells the story, the study guide walks you through it week by week, and this notes tool gives you a place to hold what you're discovering along the way. Grab both books before you dive in, so this free tool has something to work with.



You don't have to walk through your story alone. What David went through, is probably similar to what you're going through right now.

This book is the companion to the memoir Hope for the Hurting: Finding Beauty from Trauma.

This book was designed to help relate David's story with your own life. Many things he experienced are common to those who are challenged with the aftermath of abuse or trauma. Let this book touch your life and help you heal from your own pain.



What if the story you're most afraid to tell is the one someone else needs to hear?

> "There's no sin so sick He can't forgive, no heart so twisted that it can't be made right, no thought pattern or belief that's unredeemable. If God can save me, then no one is beyond His ability to save... There really is Hope for the Hurting!"

If you've ever wondered whether your own story is too broken, too shameful, or too far gone to be redeemed, this book was written for you.

Notes

Module 1: Life's Journeys

Module 2: The Start of Innocence

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Module 3: “The Worst of Times”

Module 4: “The Best of Times”

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Module 5: The End of Innocence

Module 6: The Start of Silence

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Module 7: My Elementary School

Module 8: The End of Silence

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Module 9: The Start of Rage

Module 10: Rage Come Alive

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Module 11: The End of Rage

Module 12: The Start of Wandering

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Module 13: The Aftermath of Despair

Module 14: Seeking Other Ways

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Module 15: People on my Road

Module 16: The End of Wandering

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Module 17: A Birthday to Remember

Module 18: My Birthday Morning

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Module 19: My Meeting With John

Module 20: The Bus Ride Home

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Module 21: Supper With Bethina

Module 22: Receiving My Pendant