

# Perfect Peace

## Peace For Your Past

### Sermon Recap

#### Conversation Starters:

- What brings you peace during stressful times?
- What do you typically run toward to find healing and peace?
- What kind of peace do you feel is more important to pursue, superficial temporary peace, or long-term lasting peace?
- What kind of peace are you typically finding, temporary or lasting?

**Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or questions they have. If your members have a hard time remembering, share your notes and favorite points.**

#### Reflect:

- 1.) Read [Isaiah 26:3](#) NLT and [Philippians 1:12-14](#) NIV: Where do we really find perfect peace? Should the struggles of life be a surprise to us? Are challenges typically normal in the lives of most human beings? What truly is of more value during stressful times – what's happening to us on the outside, or what's sustaining us on the inside?
- 2.) Pastor Jason identified three truths about the pains of our past and from where they can imprison us: **Unfulfilled Expectations** - [Proverbs 13:12](#) NIV, **Untreated Pain** - [Luke 2:34-35](#) NIV, and **Unresolved Trauma** - [Ephesians 4:26-27](#) NIV. He also identified three truths about forgiveness: Forgiveness doesn't mean it didn't happen, doesn't hurt, and doesn't always mean reconciliation. **What do you truly long for? Where do you need healing? Where in life have you experienced trauma? What are your thoughts about forgiveness as it relates to each point above Pastor Jason made about forgiveness?**
- 3.) Read [Philippians 1:15-18, 20-22](#) NIV – Why is it so hard for us to forgive ourselves? "Why" and "how" does dying to ourselves facilitate life and gain in Christ?
- 4.) Pastor Jason identified four truths about peace: 1.) Your biggest sins are not too big for **God's Grace** - [Acts 22:4](#) NIV. 2.) You're not **what you've done**. You are **who God says you are** - [2<sup>nd</sup> Corinthians 5:17](#) NLT 3.) Your **trauma** wasn't your fault, but the **healing** is your responsibility by: **Processing the pain** of your trauma, **Prayerfully pressing into God**, and by **Pursuing purpose** in your trauma - [2<sup>nd</sup> Corinthians 1:3-4](#) NIV. 4.) You **can't change your past**, but Christ can **change your future** - [Philippians 3:13-14](#) NLT. **What do you need to forgive yourself for? Who does God say you are? What steps toward healing do you need to take? How will you allow Christ to change your future?**

**How can your painful past become your platform to perfect peace and your potential in Christ?**

# Perfect Peace

## Peace For Your Past

Sermon Recap

### Apply It:

Pastor Jason said “we don’t get over trauma, we heal from it. We don’t heal in isolation, we heal best in community.” Our past isn’t a punishment but a platform for our potential. It’s hard to heal from what we bury deep inside. Erecting walls in isolation is not the answer. Living lives of truth in the love of Christ is what truly heals and brings perfect peace. Identify where you need to find peace. Forgive where God calls you to forgive. Speak His Word into the pain and find purpose. Reject the defeating lies and embrace your life-giving identity as a child of God in Christ. We are not made perfect in our own strength, but in His. Choose today to live out that truth.

### Prayer Requests and Closing Prayer:

Ask your group members if they have a prayer request. Write them down and continue to pray for them during the week.

Father we live in a fallen world. We come from imperfect seed and all of us were raised by no fault of our own, in some of the imperfections of that seed. Our life experiences and how we’ve processed those experiences have contributed to who we’ve become. We’ve all been broken in some way Lord. We all need healing. We all need love. We all need a savior. We need to let go of self and embrace Your Word! We all need You! There is no sin too great that Your love and grace cannot cover. How we think about life and process life makes all the difference in the world. We can live life in the dysfunctions of our way, or choose to live life in the health and perfect peace of Your way? May we all choose Your way from this moment on, in Christ we pray, amen.