

HEALING FOR THE SOUL

GROUP STUDY

- *What action steps did you commit to last week and what were the outcomes?*
- *What results did you see from contacting the people who have influenced you in their Core Practices?*
- *What is one insight from one of the Daily Devotions?*
- *Watch the video together.*
- *Take turns reading the paragraphs below. As you read, underline the ideas that capture your attention.*

We've all made some good decisions and we have all made decisions that we regret. Have you ever felt that in your failure God has forgotten about you? Maybe you feel that God is angry and has rejected you. Maybe you feel He can forgive others, but not you, and certainly not what you have done. Maybe you feel unworthy of His love. Those feelings are not from God. He loves you and He has not forgotten you or rejected you.

God's heart is for your healing. Not just physical healing, but mental, emotional, and spiritual healing. His deepest desire is to heal your soul. 1 Peter 2:24 says, "He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed." Jesus can heal your soul.

- *Take a moment, as a group, to read aloud the Core Beliefs found on page 12 in your course booklet.*

That's our second core value: "Healing for the soul is found in Jesus." Through his death and resurrection Jesus conquered sin and death and offers us forgiveness, healing for our soul, and a new life in Christ.

Even after we have received God's mercy and grace shame can overwhelm us. Conviction is good but shame is not. It's important to know and understand the difference between the two.

- Conviction is from the Holy Spirit. He reveals unconfessed sin and speaks to your conscious saying, "This is what you have done." When you feel conviction over the poor choices and decisions you are making, confess those to God and ask His forgiveness. God is faithful and quick to forgive.
- Shame is much different. Shame is not good. It is from the enemy. The devil wants to remind you of your past sins and life before Christ. He speaks condemnation saying, "This is who you are." When you feel shame over your past, confront those lies and remind the enemy that you have been forgiven and your sins are covered by the blood of Jesus.

You are not who you use to be. Your salvation and standing with God are not based on who you are or what you've done, but on what Jesus has done. Your past has been forgiven and forgotten. Through the cross of Christ, you have been made new.

REFLECT AND RESPOND

Choose something you underlined that's important to you. Take a moment to share with everyone why it is important.

CORE PRACTICE

- *Have someone in the group read the core practice and description below.*

One of the ways that we find healing for our soul is through the core practice of Continual Surrender.

We believe Continual Surrender to God's Spirit builds a confident spirit. Our culture says, "It's my life, it's my choice. Don't tell me how to live. I get to decide what's best for me." As a result, our world is filled with chaos, pain, depression, abuse, sexual confusion, hatred, and division. When we decide to follow Jesus, we no longer live for ourselves. Instead, we humble ourselves in worship, devotion, and obedience to Christ alone. When we confess our sins, He is faithful to forgive us. And as we daily confess our sins, the Holy Spirit gives us the power and strength to live a life of freedom in Christ. Continual Surrender is daily releasing control of your life to God and learning to trust His ways and His plans for your life. It's admitting your humanness, your lack of understanding, and your need for God. Freedom in Christ is found when you fully surrender your life to the Holy Spirit.

EVALUATION AND ACTION

Complete the self-evaluation section below. Then take a moment to share with the group the answers you wrote down.

Remember that these core practices are not an effort to earn God's love, but to grow in your love for God.

Be honest in your evaluation. But be kind and graceful to yourself because God is kind and graceful to you.

My Continual Surrender is struggling because _____

My Continual Surrender is strengthening because _____

My Continual Surrender is satisfying because _____

What specific action can you take to grow in your practice of Continual Surrender?

Who do you know that is consistent in their practice of Continual Surrender? What have you learned from this person?

Listen, learn, and grow: This week contact this person and let them know about their influence in your life.

CORE PRACTICE

- ***Have someone in the group read the core practice and description below.***

Another way that we find healing for our soul is through the core practice of Sharing Christ.

We believe Sharing Christ is sharing life. We have been saved from sin and death and we desire for others to experience the freedom we have found. Sharing your faith is easier than you think. Just remember: Intercede, Invest, and Inform.

- **Intercede:** Begin praying for people. A great prayer to pray is our Sending Prayer: "God, fill me with love and give me boldness to share the hope, healing, peace, and purpose that I've found in Jesus. Lead me to the hurting, the hopeless, the lonely, and the discouraged. This week I declare that I am available and willing to be used for your glory and honor. Fill me with Your power, guide me by Your presence, and use me for Your purposes. Amen."
- **Invest:** Look for opportunities to do good. That might be a kind word, a helping hand, or a listening ear. God can take the simple and make it significant. Your act of loving kindness can make a big difference in someone's life.
- **Inform:** When God provides an opportunity, share the love of Jesus. You might pray for them, share an encouraging scripture, or share what God has done in your life.

EVALUATION AND ACTION

Complete the self-evaluation section below. Then take a moment to share with the group the answers you wrote down.

My Sharing Christ is struggling because _____

My Sharing Christ is strengthening because _____

My Sharing Christ is satisfying because _____

What specific action can you take to grow in your practice of Sharing Christ? _____

Three people I am praying for: _____

Who do you know that is consistent in their practice of Sharing Christ? What have you learned from this person?

Listen, learn, and grow: This week contact this person and let them know about their influence in your life.

PERSONAL STUDY

Be prepared to discuss the following next week:

- ***What action steps did you commit to and what were the outcomes?***
- ***What results did you see from contacting the people who have influenced you in their Core Practices?***
- ***What is one insight from one of the Daily Devotions?***

CORE BELIEFS

GOD

We believe in one God, revealed as Father, Son, and Holy Spirit.

JESUS CHRIST

We believe in Jesus Christ, God's only Son. He suffered and died on a cross and was raised to life. By His death, He made a full atonement for all sin.

SALVATION

We believe that everyone has sinned, fallen short of God, and is separated from Him. Whoever repents of their sin and believes on the Lord Jesus Christ, will be saved.

HOLY SPIRIT

We believe Christ-followers are called to submit their lives fully to the Holy Spirit.

HOLY BIBLE

We believe in the Holy Bible. The scriptures are the inspired Word of God and contain all truth for all mankind.

CHURCH

We believe in the Church universal. The body of Christ is called by God to worship together and join in the redemptive work of Christ in the world.

BAPTISM

We believe in baptism. Baptism is the declaration of one's faith in Jesus Christ.

LORD'S SUPPER

We believe in the Lord's Supper. Communion is the remembrance and appreciation of Christ's death on the cross.

DIVINE HEALING

We believe in divine healing. We believe in the prayer of faith to heal the sick.

CHRIST'S RETURN

We believe Jesus Christ will return to judge both the living and the dead.