

HEALING FOR THE SOUL

GROUP STUDY

- *Watch the video together.*
- *Break into gender groups. It's best to keep discussion group size to no more than 4-5 people.*
- *Take turns reading the paragraphs below out loud as a group.*
- *Stop after each paragraph to discuss answers to each question.*

We've all made some good decisions, and we have all made decisions that we regret. Our failures and regret can make us feel unworthy of God's love. 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. Those feelings are not from God. He loves you and He has not forgotten you or rejected you.

How has shame, rejection, or feeling unworthy affected your relationship with God?

Our second Core Value: "Healing for the soul is found in Jesus." God's heart is for your physical, 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." Your salvation and standing with God are not based on who you are or what you've done, but on what Jesus has done. If you have placed your faith in Jesus your sins are forgiven, and you have been made new.

What past sin and shame has Jesus set you free from?

Take turns reading aloud the Core Beliefs found on page 7.

Which Core Belief stands out to you the most? Why?

CORE PRACTICE

One way we find “healing for our soul” is through the Core Practice of Continual Surrender.

We believe Continual Surrender to the Holy Spirit builds a confident spirit. Our culture says, “It’s my life, it’s my choice. 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. Continual Surrender is daily releasing control of your life to God and learning to trust His ways and His plans for your life. We humble ourselves in worship, devotion, and obedience to Christ. As we daily confess our sins and surrender our lives; the Holy Spirit gives us power and strength to live a life of freedom in Christ.

What area of your life do you need to surrender to the Holy Spirit?

CORE PRACTICE

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 desire for others to experience the freedom we have found in Christ. Sharing your faith is easier than you think. Just remember: “Prayer – Care – Share.”

- **Prayer:** 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.”
- **Care:** 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.
- **Share:** 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.

Prayer sets the stage for God to use you and move.

Who are 3 people in your life who do not know Jesus that you are praying for or will commit to pray for?

1. _____ 2. _____ 3. _____

People need to know we care before we share.

What practical thing have you done or could you do to show each of these people you care? (See list above for ideas)

1. _____ 2. _____ 3. _____

God will provide opportunities for you to share His love.

Where are each of these people hurting, hopeless, lonely, or discouraged?

1. _____ 2. _____ 3. _____

This year, has God used you to impact someone spiritually—by sharing your faith, inviting them to church, leading them to Christ, or seeing them baptized? List their names.

1. _____ 2. _____ 3. _____

PERSONAL STUDY

- ***This week pray for your 3 names, intentionally care for them, and look for opportunities to share Christ.***
- ***This week complete the Daily Devotions found on page 8.***
- ***Complete “Peace of Mind” (pp. 11-12). Write your answers and come ready to share with the group.***

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 humanity.

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.

HEALING FOR THE SOUL

DAILY DEVOTIONAL

Use this devotional to reinforce the study you've taken part in. As you read the following passages ask God to meet with you. Read the passage. Reflect on what it says and what God could be saying through it. Finally, respond to what you've read. We encourage you to write down some of the things that God speaks to you about.

MONDAY – CORE VALUE: HEALING FOR THE SOUL

READ

Psalms 147:3. Additional scripture: Isaiah 53:4-5, Luke 5:31-32

REFLECT

We all carry wounds, whether from our own mistakes or the pain others have caused us. But Jesus doesn't push us away when we're hurting. He moves toward us. His compassion invites us to bring every broken piece into the light of His grace. He brings healing where there's been brokenness and offers restoration where we feel shame. What part of your soul needs God's healing touch today?

RESPOND

TUESDAY – CORE PRACTICE: CONTINUAL SURRENDER

READ

Romans 12:1-2. Additional scripture: Psalm 139:23-24, Galatians 2:20

REFLECT

Surrender isn't a one-time event. It's a daily choice. When we let go of control and trust God with our story, we make space for Him to do deep soul work. Each small act of surrender invites His peace to settle deeper into our hearts. His ways are better, even when they stretch us. How does daily repentance help you experience healing and stay close to God?

RESPOND

WEDNESDAY – CORE PRACTICE: CONTINUAL SURRENDER

READ

Philippians 1:6. Additional scripture: John 3:30, 2 Corinthians 12:9-10

REFLECT

Surrender isn't always instant. Sometimes it's a process. But God never quits on us. His presence is steady, even when our emotions are not. He began a good work in you, and He's committed to seeing it through. Even when we feel weak, He's strong. What step can you take today to trust God in the middle of your journey?

RESPOND

THURSDAY – CORE PRACTICE: SHARING CHRIST

READ

Mark 5:19. Additional scripture: 2 Timothy 1:7-8, Revelation 12:11

REFLECT

One of the most powerful things you can share with someone is your story. You don't have to have it all together to be a witness to God's goodness. Every honest moment becomes a doorway to hope for someone else. People need to know that healing is possible because you've lived it. What part of your story could encourage someone who feels far from God?

RESPOND

FRIDAY – CORE PRACTICE: SHARING CHRIST

READ

Matthew 9:36-38. Additional scripture: Romans 10:13-15, Colossians 4:5-6

REFLECT

Jesus saw hurting people and was moved with compassion. When we slow down and really see the people around us, our hearts begin to reflect His. Letting ourselves feel deeply helps us love others more fully. Sharing Christ isn't about having perfect answers; it's about showing up with love. Where is God calling you to share hope this week?

RESPOND

SATURDAY – CORE VALUE: HEALING FOR THE SOUL

READ

Jeremiah 17:14. Additional scripture: Psalm 23:1-3, 1 Peter 2:24

REFLECT

True healing goes deeper than behavior; it touches the heart. God isn't just in the business of helping us cope; He wants to make us whole. The wholeness He brings reshapes how we see ourselves and others. When we invite Him into the hidden places, He begins to restore what's been broken. What part of your story do you need to give God full access to?

RESPOND

SUNDAY – CORE PRACTICE: SUNDAY WORSHIP

Gather with others today to worship and grow in the Scriptures.