

Trauma
May 21
GO FURTHER



START TALKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- ON A SCALE OF 1-10, HOW ARE YOU DOING RIGHT NOW?

START THINKING | ASK A QUESTION TO GET YOUR GROUP THINKING.

- Which part of this message was most impactful for you and why?
- We can start healing from trauma by processing the pain with trusted people, prayerfully pressing into God, and pursuing purpose in our pain. Which one stands out to you the most, and why?
- Read 2 Corinthians 12:9-10. How could God's grace change the way you view your situation?

START SHARING | CHOOSE A QUESTION TO CREATE OPENNESS.

- "Getting over" a hurt is different than truly healing. Share about a time when you experienced healing. How did you lean into God during that healing?
- Is there a trauma or hurt that you need to process with trusted people?

START PRAYING | BE BOLD AND PRAY WITH POWER.

Father, so many of us have experienced hurts, trials, and trauma. Sometimes our pain is visible, and sometimes it's personal and private. Please help us heal from our trauma and experience Your presence in the midst of our healing. In Jesus' name, amen.

START DOING | COMMIT TO A STEP AND LIVE IT OUT THIS WEEK.

- Start the Wisdom for Mental Health Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan