

ROOTED IN HIM

FAITH, FREEDOM, AND THE PURSUIT OF INTIMACY

Rooted in Him - Healing

Small Group Discussion Guide // July 1, 2018

1. This week Pastor Simone shared some illustrations pertaining to the three things that tend to undermine and hinder our faith: Fear, Unanswered Prayer, and Reality of Evil
How did Pastor Simone's explanation of these hindrances impact your view of faith?
How have you seen these hindrances take shape in your life? How might we overcome them?
2. This week we were reminded of the story of Job. Pastor Simone explained that some scholars believe that this book was written to deconstruct the idea that whenever bad things happen to us we have had to have done something wrong to deserve it. In Job 38-39, God gives a glimpse of His majesty, as a way of showing Job that God's purposes are far beyond what Job's mind can conceive and understand. **Read Job 38-39 prior to meeting.**
How does Proverbs 3:5-6 relate to the story of Job? Is the idea of this type of faith troubling or does it give you peace? Why?
3. Pastor Simone talked about a pathway that allows an individual to be set free of past wounds and old hang ups by encountering the healing words and grace of the Holy Spirit. This pathway begins with repentance and confession. **Read Acts 3:19 & James 5:16 prior to meeting.**
How are these verses distinct from each other? Why might both verses be necessary to break free from the grip of sin?
4. The second step on the pathway to breakthrough is Forgiving others. To forgive is to release. A choice you make to freely and wholeheartedly grant freedom and extend undeserved mercy and grace. It has very little to do with feelings or even trust. Forgiveness takes an act of faith and courage to simply let go of our regrets and our own view of justice. **Read Ephesians 4:31-32**
How might this view of forgiveness be different from the worlds perspective on forgiveness?
How does this view of forgiveness resemble God's forgiveness of us? Why is forgiving others a necessary step in your own spiritual healing? Is there an injustice that you are holding on to that needs to be forgiven?
5. The third step, Pastor Simone touched on, was the need to renew our minds daily. If we want to live the life God has purposed for us to live, we must be diligent about guarding our thoughts.
Read Romans 12:2 & Philippians 4:8
Below are some things that may be helpful in renewing your mind.
 - a. Study Scripture (Maybe a specific topic).
 - b. Take a break from Facebook or other social media.
 - c. Be wary of unproductive negative thoughts
 - d. Give a friend permission to catch you when have a thought that isn't God honoring.
 - e. Do a month long fast from any TV or movies rated higher than PG.

Have you ever had a progression of negative or unholy thoughts spiral out of control? How might wrong thoughts lead to wrong actions? What would you add to the above list?