

Peace of Mind

3 Ways to Seek Healing From Trauma

TALK IT OVER

Key Scriptures

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV

... We were under great pressure, far beyond our ability to endure, so that we despaired of life itself.
2 Corinthians 1:8 NIV

Three times I pleaded with the Lord to take it away from me.
2 Corinthians 12:8 NIV

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." ... That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:9-10 NIV

The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18 NIV

Praise be to ... the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.
2 Corinthians 1:3-4 NIV

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV

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Start talking. Find a conversation starter for your group.

- 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? Consider sharing that hurt with your LifeGroup so you can pray for healing together.

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.

- [Consider connecting with your Community Leader or local LifeGroups/LifeMissions pastor for additional resources and support on this week's message.](#)
- [Find more mental health resources: www.life.church/mentalhealth](http://www.life.church/mentalhealth)
- Start the *Wisdom for Mental Health* Bible Plan using Plans With Friends: www.go2.lc/mentalhealthplan
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.