

The Me You Don't See
Week 3 Study Guide
The Journey to Healing and Wholeness

Main Point: In order to start the journey of healing and wholeness, you must be in the Word daily, rest in God's presence, and surround yourself with Godly people.

1. Read Luke 11:23-28... The healing of hurt and the removal of bad must be followed with the filling of God.
 - What action steps have you taken to move further away from the person you were and closer to the person God has created you to be?
 - What parts of your life still need to change in order to receive more of the filling of God? Relationships? Habits? Desires?

2. Read Mark 5... Your transformation is determined by your proximity and connection to Jesus Christ.
 - Are you close enough to Jesus in order to touch Him? To be changed by Him? Why or why not?

3. Read Psalm 119:9-12... In order to be filled with and changed by the Word, you have to be in the Word daily. The goal is not knowledge but transformation.
 - How has your heart and mind been changed by knowing and believing the truths of scripture?
 - In what ways can you alter your life in order to intake the Word of God on a daily basis?

4. Read Colossians 3:12-14... If you want to hear God speak in your life and make progress in your life, rest in God's presence often and surround yourself with Godly people.
 - What ways do you rest in God's presence? Reading? Prayer? Meditation? Music?
 - Do the people you surround yourself with draw you closer or push you further away from God? Why?
 - Your small group is a great place to receive Godly wisdom and support... share with your group, areas of life you are trying to grow in.

Further Reading

2 Corinthians 5:17

1 Samuel 3

1 Thessalonians 5:12-24