



GROUP STUDY GUIDE

WEEK OF FEBRUARY 16, 2025 | I WILL FIND HEALING FROM MY PAST

PRAYER AND FASTING

As our church continues in 21 days of prayer and fasting, spend a few minutes talking through these questions as you encourage one another in this journey.

- What does it mean to align your prayers with God's will, and how do you discern what that looks like?
- How has fasting brought clarity or transformation to a specific area of your life?

DISCUSS

Read Psalm 147:1-3

- What specific attributes of God are highlighted in these verses?
- In verse 2, the psalmist talks about God gathering the "exiles of Israel." What historical event might this be referring to, and how does it reflect God's care for His people? (You may need to look up historical events related to the exiles of Israel, such as the Babylonian exile.)
- How have you personally experienced God's healing or comfort in your own life? How does that influence the way you praise Him?
- The psalm says God "binds/bandages up their wounds." Is there an area in your life where you need God's healing touch today?

Read 2 Corinthians 2:10-11

- Paul talks about forgiveness and spiritual protection. What is the conflict Paul is addressing, and why is he urging the Corinthians to forgive? (Do some research to find the context of this passage.)
- Verse 11 warns against being outsmarted by Satan. How might we be outwitted by Satan in the context of unforgiveness? Consider looking up other passages that speak about forgiveness, such as Matthew 6:14-15 or Ephesians 4:32, to learn more about the importance of forgiving others.
- What does this passage reveal about God's desire for reconciliation and forgiveness? How does God's forgiveness of us set an example for how we should forgive others?



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Read Psalm 23

Read it again. Take your time and pay attention to what stands out to you.

- In what ways is God described as a shepherd in Psalm 23? What does the role of a shepherd tell us about God's care for us?
- In verse 4, David speaks of "the darkest valley." When you face difficult times or "valleys" in your life, how do you experience God's presence with you? Can you share a personal testimony of God guiding you through a challenging situation?
- In verse 5, David mentions his head being anointed with oil. In biblical times, anointing with oil was often a sign of blessing, honor, or healing. What do you think it means for God to anoint your head with oil? How does this act reflect God's care and provision for you?

TAKE ACTION

Downtown Campus Pastor Kyle Riley preached on how to fight against the enemy in our journey toward healing. He gave a starter list for taking steps forward. Which area can you focus on this week?

1. **Confession** - Naming it. Lamenting. Grieving. To ignore the grief is to cut off the healing process.
2. **Communion** - Intimacy with God. Time with Him. Reading His Word. Replace the lies of the enemy with the truth of God.
3. **Community** - Sin happens in isolation. Healing happens in community. The process of healing cannot be done alone.
4. **Counseling** - Sometimes we need someone to process our past with. Someone who has a unique skill set and a biblical worldview that can help us unearth some things and heal from them in healthy ways. If this is you, we have a list of resources on our webpage: tpcc.org/care.

Over and over in Scripture, we see the importance of knowing and doing. Take some time to make an individual commitment statement (I will...) based on the information above and your discussion today (ex: "I will write down God's truth on sticky notes and place them around my home this week to combat the lies of the enemy").

Spend a few minutes praying as a group, asking God to show you what He's saying and what you need to obey to help craft your "I will" statement. Then after praying, share your "I will" statements, keeping them as simple and practical as possible.