

Life Group Discussion Guide

Healing Well - November 29

LEADER NOTES

As we close the Healing Well series, we had one more opportunity to hear from Mike Howerton. So much of what keeps us from the healing process is rooted in fear. Facing fear entails taking healthy steps forward. As a group, discuss what healthy steps each person has in front of them and what may be keeping them from taking that step.

QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time, caught your attention, challenged you, or confused you?

THIS WEEK'S TEXT

Psalm 27:1-3

*The Lord is my light and my salvation—
whom shall I fear?*

*The Lord is the stronghold of my life—
of whom shall I be afraid?*

² *When the wicked advance against me
to devour me,*

*it is my enemies and my foes
who will stumble and fall.*

³ *Though an army besiege me,
my heart will not fear;*

*though war break out against me,
even then I will be confident.*

Psalm 121:5-8

*The Lord watches over you—
the Lord is your shade at your right hand;*

⁶ *the sun will not harm you by day,
nor the moon by night.*

⁷ *The Lord will keep you from all harm—
he will watch over your life;*

⁸ *the Lord will watch over your coming and going
both now and forevermore.*

LOOK UP

List the descriptions and metaphors of God in this week's text. Which description or metaphor do you find most meaningful when facing times of anxiety or fear?

LOOK AROUND

Which of your fears do you face the most in your everyday life?

Give an example of a time you overcame fear and how it helped you conquer fear the next time.

LOOK AHEAD

What would it take for you to step through your fear (more information/resources, friends to walk with you, etc.)?

How has the Healing Well series helped you better understand the topics of grief, forgiveness, love, and fear?

PRAYER