



Sermon Discussion Guide
Your Best Self: Heal Your Hurts
Sunday, September 26, 2021
Based on Pastor Jason's Message

Introduction

We're in a series called "Your Best Self." In this series, we're getting closer to Jesus and letting Him help us become the people God created us to be. In this week's lesson, we learn that we can experience healing from our hurts through Jesus.

To watch this week's sermon before your group discussion, go to www.journeyoffaith.com/messages

Share Your Story

1. What's one thing from your past that helps to shape your life today?

Hear God's Story

2. Read Luke 6:27-42 straight through, imagining you're sitting in front of Jesus while He teaches this to the group.
 - a. What can we learn about the heart of God in this portion of Scripture?
 - b. What are some ways this teaching challenges you?
 - c. In what ways would living this out be easier if we intentionally tried to see others through God's eyes?
 - d. What's one growth area you need to work on this week?
3. In the sermon we learned of two ways we can put this Scripture passage into action and experience healing from our hurts through Jesus: through proactive goodness, and through godly self-reflection.
 - a. When you heard that, what came to mind with one or both of them?
 - b. What are some ways you can be held accountable to putting Jesus' teachings in Luke 6:27-42 to practice, rather than just keeping them inside?
4. Jesus' teaching here is about showing radical compassion toward others which best models the heart of God in community.
 - a. In what ways can you show yourself more compassion as you get to know God's heart better?

Pray

5. Spend a few minutes in prayer as a group praying for what we've discussed, being sure to give God praise in addition to bringing your requests to Him.

For questions about this curriculum, contact Pastor Matthew Jensen at matthew.jensen@journeyoffaith.com