

Connect Groups | It's Time to Heal | Week 7 | Chapters 13 & 14

What if the thing keeping you exhausted is the very thing Jesus is inviting you to lay down today?

In this week's message, Pastor Derwin Gray walked us through the heavy burden of performance and pointed us toward the freedom found in 1 John 4. Too many of us live with the quiet exhaustion of trying to prove our worth through our accomplishments, carrying resumes of our own making into our relationship with God. But the gospel tells us a radically different story, reminding us that we do not need to earn a love that was secured by Christ's blood before the foundation of the world. By letting go of our striving, opening our hearts to unearned grace, and anchoring our identity in who He says we are, we can finally stop playing church and start experiencing God's presence daily.

▼ Letting Go of Your Resume and Striving

Pastor Derwin discussed how perpetual striving and measuring our worth through our accomplishments—like athletic stats or career resumes—ultimately leads to spiritual burnout because we are trying to earn what God freely gives.

- How do you personally find yourself slipping into a performance-based faith, and what specific steps can you take this week to rip up your resume and rest in Christ's finished work?
- Where in your daily routine do you find yourself relying on your own resume or accomplishments rather than resting in the finished work of Christ, as described in Hebrews 4:15-16?

▼ Overcoming Shame with the Power of Grace

Read Romans 8:1 and Hebrews 4:15-16 The sermon highlighted how shame and guilt create withdrawal, self-loathing, and defensiveness, whispering that we are unlovable because of our past.

- How does coming boldly to the throne of grace change the way you view your failures, and how can you extend that same grace to others in your home?
- When you experience failure, do you lean toward shame, hiding, and self-loathing, or do you come boldly to God's throne of grace to receive mercy and find help in your time of need?

▼ Experiencing God's Presence All Day Long

Instead of limiting God to a traditional 'quiet time' in the morning, Pastor Derwin challenged believers to experience God's presence continuously throughout the busyness of daily life—at the gym, at work, or at the coffee shop.

- What practical adjustments can you make in your daily routine to replace unhelpful thoughts with the truth of God's word and commune with Him all day?

▼ Finding Your True Identity in Christ's Love

Drawing from 1 John 4 and 1 Peter 1:18-19, our true identity is found not in perishable things like silver or gold, but in being chosen, redeemed, and washed under the blood of Christ before the creation of the world.

- In what areas of your life are you currently tempted to anchor your worth outside of Jesus, and how does remembering your adoption as a son or daughter reshape your perspective?
- Reflecting on 1 John 4:9-10, how does knowing that God loved you first—before you ever loved Him—change the way you approach your relationship with Him today?

- In what specific areas of your life are you still striving to prove your worth, and what would it look like today to truly let go and let Christ carry you?
- How can you practice experiencing God's presence throughout the ordinary, busy moments of your day rather than confining your spiritual life to a morning routine?

This week:

Identify one area of personal striving or performance where you have been trying to earn God's approval or others' validation, and intentionally release it this week.

Practice replacing a recurring lie of shame or guilt with the truth of Romans 8:1 by memorizing and meditating on Hebrews 4:15-16.

Action Step: Reach out to someone in your life who does not yet know Jesus and invite them to join you for the upcoming series "Then Sings My Soul" starting November 8th.

Save the Date: November 9th is our Night of Vision! Join us as we celebrate all that God has done and where we are heading as a church in 2027!