



It's Time To Heal | Week 6 | Chapters 11 & 12

What if the past you are trying to hide is the exact place God wants to bring healing and purpose?

Pastor Paul walked us through the letter A in the HEAL acronym, which is accepting what happened to you. Acceptance does not mean approval, but it does mean refusing to let our past hold the pen to write our future. Too many of us live out of our wounds, allowing our trauma or pain to control our relationships, our choices, and our identity. But Jesus meets us in our brokenness, gives us a new identity as adopted sons and daughters, and transforms our scars into testimonies of His grace.

▼ Owing Your Story Without Living as a Victim

Pastor Paul emphasized that accepting what happened to you means refusing to let your past hold the pen to write your future.

- What past wounds, disappointments, or traumas are you currently carrying that you have been trying to cover up or manage on your own instead of bringing them to Jesus?
- How has trying to hide or outrun past wounds kept you stuck in performance living or shame, and what would it look like today to honestly accept your story while trusting Jesus with what comes next?
- What do you think Detective Finn Tutula's insight mentioned in the message: 'You have to own your trauma or your trauma will own you' means
- How have you experienced the trap of living as a victim of your past, and in what ways is Jesus inviting you to accept what happened without letting it write your future?

▼ Shifting From Performance to Communion

Pastor Paul shared how he grew up trying to do all the right things to earn love and acceptance, much like wearing spiritual sticky notes of who he thought he needed to be.

- Do you find yourself living a dual life—acting one way around Christian community and another when you are elsewhere—in an effort to earn approval or please people? **Read Galatians 2:20** How does this verse challenge that performance?
- In what areas of your life do you find yourself slipping into people-pleasing or trying to earn God's approval, and how can you trade those temporary fixes for true communion with the Father?
- How could replacing lies with the truth of who God says you are change your daily walk with Him?

▼ **Allowing Jesus to Meet You in Your Wounds**

Read Isaiah 53:3 The message highlights that Jesus was a man of suffering, familiar with pain, and that He meets us directly in our brokenness rather than standing at a distance.

- When you think about your deepest wounds—whether from family rejection, health struggles, or broken relationships—how do you typically react, and how does knowing that Jesus entered human suffering change your view of Him?
- Discuss practical ways you can invite the Holy Spirit into those specific areas of pain instead of reopening them on your own.

▼ **Stepping Into Your New Identity in Christ**

Read Colossians 1:13 and Romans 8:15 Pastor Paul reminded us that healing begins when we believe what Jesus accomplished for us far outweighs what happened to us.

- What does it mean for your daily life to live as an adopted son or daughter of God rather than living like an orphan trapped by your trauma?
- Discuss what it looks like to put your hand up against the enemy's accusations and declare, 'Not today, Satan; that's not who I am.'

▼ **Becoming Wounded Healers for Others**

Using Henri Nouwen's definition, Pastor Paul explained that wounded healers are those whose wounds have ceased to be a source of shame and have become a source of healing for others, echoing 2 Corinthians 1:3-4.

- **Read 2 Corinthians 1:3-4**
- How might God desire to take the specific comfort and healing you have received in your pain and use you as a wounded healer to comfort others?
- Are you willing to let God take the comfort you have received in your own healing journey and use your scars as a testimony of His grace?
- Share how surrounding yourself with a grace-filled community can help you move from living out of your pain to living out of God's purpose for your life.

THIS WEEK:

- Practice saturating your mind daily with Scripture, such as Galatians 2:20 and 2 Corinthians 1:3-4, to replace the lies of the enemy with God's truth about your identity.
- Step out in faith to comfort someone else by sharing your personal story of how God has brought comfort and healing to your own wounds and trauma.

ACTION STEPS:

1) **Sign up to attend Growth Track** to learn more about who we are, who God created you to be, and how you can live that out in the world around us.

2) **Plan to attend Night of Vision** with your Connect Group on November 9th. We have some exciting updates to share and are excited about what God wants to do in and through Transformation Church in 2027!

