



part 4, *The Promise of Shalom*

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- 1) The sermon discusses suffering being a place for God's comfort to overflow. Have you ever experienced a time when your pain made you more aware of God's presence or compassion?
- 2) Mental health was described through a holistic lens—mind, body, spirit, relationships. Which of these areas feels strong in your life right now? Which might need hope, healing or attention?
- 3) Have you ever experienced or imagined Jesus present in a past moment of pain? What might it look like to invite Him into that memory?
- 4) "Connection is the key," Dr. Bruce Perry says of trauma recovery. Who in your life has been a healing presence for you? How might you be that person for someone else?
- 5) The sermon emphasized curiosity over shame. What would it look like to approach your (or a loved one's) mental, emotional, or spiritual struggles with curiosity instead of criticism or shame?
- 6) The sermon emphasized how symptoms can be coping mechanisms. Can you think of a behavior or emotion in your life that might be a response to a deeper need or wound?
- 7) Jesus doesn't wait for us to be okay before He calls us beloved. What would change in your life if you truly believed you are fully loved right now, in your current state of being?
- 8) The sermon closed with the idea that the Church can be a "People of Hope." What is one practical step you can take this week to help make your church or community a safer, more healing space for others?