

JESUS AT THE CENTER OF FREEDOM

EMOTIONAL HEALING

January 21, 2024

DIGGING DEEPER

Use this guide by yourself or with friends to pursue a deeper relationship with God.

To find a group, visit brookwoodchurch.org/groups.

Jesus came to bring freedom to those who are weighed down or broken by life's challenges, difficulties and hurts. He came to give us LIFE!

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

John 10:10 (NIV)

Questions for reflection or discussion:

Read **Luke 4:18-19**.

1. What areas of concern did Jesus come to address?
2. What does Jesus bring to each area?
3. What do you need Jesus to bring you today?

Read **Psalms 34:17-18**.

4. Which phrase in this passage is most significant to you? Why?
5. What difference does it make to know that God hears you? That He is near?

Read **Romans 5:3-5**.

6. Describe a time you've experienced problems or suffering.
7. What benefits can we find when facing difficulty?

Read **1 John 4:19-21**.

8. How does knowing God loves you help you deal with struggle or pain?
9. God hears and comes near when we share our hurts with Him. What struggle do you want to share with God for yourself or someone else?

