

LifeGroup Study Sheet



October 16th and 19th, 2025 – Battlefield of Your Mind – Trauma This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

Can you share a time when your faith helped you through a tough or confusing season?

Digging In

Question 1: Read Job 1:1-12. In verse 1 it says that Job was a blameless and upright man of God who feared God. He was very wealthy, had many possessions and had large family with many kids. But Job would eventually lose all of it. Why do you think most people think that suffering only happens when there is personal sin in your life? How does this story show that is not necessarily true? How does this story show you how God can allow suffering or trauma in our life?

Question 2: Read Job 1:20-22. After Job loses almost all that he has, we see Job's response was (1) worship and (2) blessing the name of the Lord. One of the points Pastor Jeff talked about was that "suffering is not the end of the story." How does Job's response to his suffering and trauma show this perspective? How was it possible for Job to still worship and bless the Lord amid what he was going through? Have you ever been put in this situation?

Question 3: Read Romans 5:3-5 and. 2 Corinthians 12:7-10 — Another one of the points that was made about suffering is that it "can result in strengthening." Paul says in the book of Romans that suffering can produce strength. How does the type of suffering that Paul talks about produce strength and not despair? How does the end of Romans 5:5 remind us of Christ's love for us? How do you think Christ can use "power made perfect in weakness?"

<u>Question 4: Read Psalm 42:3-6</u> Pastor Jeff said that "<u>suffering can be surrendered.</u>" How does this Psalm remind you not to hide your feelings or circumstances from God? How does **verse 5** show you how to talk back to your heart during suffering? Why is it important for you to remind yourself that Jesus understands your suffering and trauma? What are ways that you can waste your suffering?

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

<u>Confession</u> – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

<u>Supplication</u> – What do I need to ask of God in order to grow in light of this?