



introduction

We all know the feeling of lying awake at night, unable to sleep. Mind racing. Heart pounding. Anxiety, fear and worry driving our thoughts to all the "what ifs." But, what if we could escape this cycle and experience God's peace, sleep easier and trust more? This week we begin our new series, *Losing Sleep*. In the next three weeks, we'll explore God's promises to be present in our troubles and learn practical steps to help us in the midst of our sleepless nights.

discussion

1. You are not defined by your past. Read Hebrews 11:31 and Matthew 9:20-22. What moved these women beyond their past? In each story how, did God use broken people to accomplish His work?
2. Pastor Jesse made the statement, "I admit I am powerless to fix the shame in my past, Jesus. But I believe you can." On a sheet of paper, write down one area of your life that has brought shame to you and pray the above statement over it. Destroy the paper. Pray as a group for release from shame and guilt.
3. Christians are not exempt from suffering. Read James 1:2. Despite our circumstances, what does God continue to extend to us as followers of Christ, and what do we gain?

do something

1. For two weeks, end each day with a journal entry of three things you are grateful for and spend two minutes writing in detail one positive aspect of your day. Daily celebrate the good in life.
2. Start the healing process by confiding in a trusted friend or mentor about what you prayed about in Discussion question #2.
3. Those with a broken past live in pain and shame. Extend a gesture of grace and compassion to someone within your circle of influence this week to share God's love.

resources

Access the following resources on RightNow Media.
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1. Experience stories of those who have moved beyond their past through the gift of God's love.
Hope Beyond the Past
An Abusive Husband's Journey to Christ
2. Dig deeper with the Bible study *It's Not Too Late* by Dr. Tony Evans.