



## **WEEK 2: BARRIER BREAKDOWN**

### **ICE BREAKER**

### **WORSHIP**

### **PRAYER**

### **SERMON REWIND**

Pastor emphasized that our perception of God is often shaped by our earthly experiences—especially through broken or absent father figures. These distorted views can create internal barriers like fear, rejection, unworthiness, and doubt. We may carry emotional wounds that have never fully healed, and over time, these wounds impact our identity, faith, and relationships. But God, our perfect Father, seeks to restore our true identity, inviting us into a place of belonging, healing, and joy. Through Christ, we are adopted as children of God, and our healing begins by receiving His love and learning to walk as sons and daughters.

### **KEY VERSES**

Look up theses additional verses:

**Psalms 68:5-6 (NLT)**

**Galatians 4:5-7 (NLT)**

**Luke 15:3-7 (NLT)**

**1 Peter 5:7 (NLT)**

## DISCUSSION QUESTIONS

### **1** Barriers from Our Past

Our understanding of God is shaped by our past—particularly through family and faith experiences. These can cause fear or distance in our relationship with God.

- a. How have your life experiences shaped the way you view God?
- b. Can you name a specific moment or relationship that impacted your connection to God as Father?

### **2** Healing Requires Intention

Pastor mentioned that emotional wounds don't heal themselves. Unhealed pain (neglect, shame, legalism, or doubt) doesn't fade on its own.

- a. Why do you think people tend to ignore or bury emotional wounds?
- b. What steps could you take to allow God into those hurting spaces?

### **3** A Father to the Fatherless

**Psalms 68** shows us God's heart: He is a defender of the forgotten and the lonely.

- a. What does it mean to you that God is a defender of the lonely or forgotten?
- b. How can you extend that kind of love to someone who feels isolated or rejected?

### **4** Restoring a Right View of God

God's desire is not to punish but to heal and restore. His love changes us from the inside out.

- a. How does viewing God as compassionate (rather than distant) change your relationship with Him?
- b. How might receiving God's truth over your pain begin to bring healing?

### **5** Belonging in the Father's House

**Luke 15** reminds us that our place is with the Father. The sheep belongs with the Shepherd. Unhealed pain (neglect, shame, legalism, or doubt) doesn't fade on its own.

- a.** In **Luke 15**, what stands out to you about the shepherd leaving the 99 to find the 1?
- b.** What does that say about your worth to God? What would it look like to create that same sense of belonging for others in your family, group, or church?

## DIVE DEEPER

Personal Reflection: Take a deep breath and read...

Often our identity gets tangled in fear, rejection, or shame. But God wants to speak truth into those places.

- What kind of words or truths do you sense God might want to say to those wounded areas?
- How can you start to live from that truth rather than past pain?

## PRACTICAL APPLICATION

Rewriting Identity: Each day this week, write down...

- One lie or label that you've believed about yourself
- One truth God says about you (from Scripture or prayer)

Ask the Holy Spirit to help you begin to replace old identity wounds with God's words of love.

## PRAYER/MINISTRY TIME

## NOTES

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