



SERMON SERIES
EMOTIONALLY HEALTHY SPIRITUALITY

STUDY GUIDE | JULY 26 2020

BREAK FREE FROM THE PAST

THE POINTS FROM THIS WEEK'S MESSAGE WERE:

In the story from Genesis, Joseph:

- Didn't let his past break him
- Knew that God was with him
- Trusted and acted in the present

LET'S TALK

1. What impacted you the most from this week's message?
2. What words would you use to describe the family you grew up in?
3. Joseph experienced hurt and pain from his family. He was rejected, abandoned and betrayed. How would you have felt if you were in that situation?
4. God not only carries Joseph through the suffering, he also redeems the suffering. How did God use these painful circumstances to bring about good?
5. Pastor Kevin says, "God is always revealing himself to us - always offering to be present in our lives - to be with us. Joseph got it. And it changed everything."

What are some ways God may be present in your current circumstances? What difference does it make knowing that God is with you (as he was with Joseph)?

6. What is one thing you can do this week to remind yourself that God is with you?

LET'S PRAY

Spend some time in prayer (for each other, for our community and for the world).

This resource and additional study guides are available at cornerstonechurch.ca/messages

For more group resources including icebreakers, group activities, serving and other meeting ideas, visit cornerstonechurch.ca/onlinegroupideas
