

TITLE: "Broken Moments That Lead To Broken Dreams"

OPENING QUESTION: Have you ever made a mistake in life and then spent significant parts of your life being stuck because of the mistake you made?

3 COMMON DREAM BREAKERS:

GUILT

Psalms 38:4 & 6– My guilt has overwhelmed me like a burden too heavy to bear... I am bowed down and brought low; all day long I go about mourning.

Proverbs 20:27– "The Lord gave us a mind and a conscience. We cannot hide from ourselves.

Romans 3:23-24– All of us have sinned... yet God declares us "not guilty" if we trust in Jesus Christ, who in mercy freely takes away our sins.

Colossians 2:13-14– He has forgiven all your sins. He has utterly wiped out the evidence of broken commandments which always hung over our heads, and completely annulled it by nailing it to the cross!

QUESTION: Why do you think guilt has such power to hold people back spiritually or emotionally?

QUESTION: What are some ways people try to deal with guilt without bringing it to God?

QUESTION: Why can it be difficult for Christians to truly accept that God has forgiven them?

GRIEF

Psalms 31:9– Lord, have mercy, because I am in misery. My eyes are weak from so much crying, and my whole being is tired from grief.

3 Things To Do:

(2 Samuel 12)

Accept what CAN NOT BE CHANGED.

2 Samuel 12:22-23– Then David got up from the ground... He said, "While the child was still alive, I fasted and wept ... But now that he is dead, why should I fast? Can I bring him back to life?"

QUESTION: Why is accepting what cannot be changed often one of the hardest steps in grief?

Play IT DOWN and Pray IT UP.

2 Samuel 12:20b– After he had washed, put on lotions, and changed his clothes, he went into the house of the Lord and worshipped.



QUESTION: What does it look like practically to “pray it up” instead of letting grief consume us?

QUESTION: David experienced deep grief after losing his child, yet we see how he moved forward with God. How does grief affect David physically and emotionally?

Focus on what is LEFT, not WHAT IS NOT.

QUESTION: How can focusing on what is still left in life, help someone begin to heal?

2 Samuel 12:24– Then David comforted his wife Bathsheba, and he went to her and lay with her. She gave birth to a son, and they named him Solomon.

QUESTION: Which of the three responses from David stands out most to you?

Isaiah 61:3– To all who mourn ... he will give: beauty for ashes; joy instead of mourning; praise instead of heaviness.

QUESTION: Why is grief such a powerful force that can stop people from moving forward in life?

GRUDGES

Job 5:2– “To worry yourself to death with resentment would be a foolish, senseless thing to do.”

Job 18:4– “You are only hurting yourself with your anger.”

QUESTION: Why do people often hold onto grudges even when it harms them?

Romans 12:19– Dear friends, never avenge yourselves. Leave that to God, for He has said He will repay those who deserve it.

Ephesians 4:31-32– Get rid of all bitterness ... forgiving each other just as in Christ God forgave you.

Job 11:13-16– “Put your heart right, reach out to God... then face the world again, firm and courageous. Then all your troubles will fade from your memory, like floods that are past and remembered no more.”

QUESTION: What are some ways resentment can affect our spiritual life, relationships, or emotional health?

LANDING QUESTIONS:

QUESTION: Which of the three dream breakers do you personally relate to the most right now?

QUESTION: What is one step you could take this week to move forward in faith instead of staying stuck?