



SESSION 1: Facing The Turmoil

READ: Genesis 32:9-32

The Context

Jacob was the son of Isaac and Rebekah, brother to Esau, and husband to Rachael and Leah. Before Jacob became the founding father of the nation of Israel, he was an opportunist, a liar, and a conspirator. He was negligent and untrustworthy at times and was a husband and father who picked favorites. In other words, Jacob was just like us. He had a past full of shame, failure, and regret. He needed to confront the issues of his past so he could move forward with God. This passage represents the turning point in his life: the moment he had to stop running and come face to face with God.

Watch Video: 14:00 min.

Record your thoughts or concepts that stand out to you:

Facing the past in the present

1. The realization that the past affects the present
2. Facing the pain of childhood abuse and trauma
3. Telling your story as a first step to restoration

Emotional wounds must be addressed to be healed

1. God's presence can bring health, healing and restoration
2. God promises to never leave us or forsake us
3. This doesn't mean that we will all be instantly healthy
4. Unhealthy attitudes we can bring into our relationship with God

The shift: starting to see the chaos

1. The brokenness of Christians heralded as a picture of health
2. The different perspectives in the church and society on race

How we as Christians tend to face pain:

1. **Minimize it**
2. **Over-spiritualize it**
3. **Memorialize it**

Look at your own story... and admit where you need God's healing.

Let's Talk!

- A. What stood out to you from listening to Lecrae today?
- B. Lecrae noted that the first step in his journey toward restoration was to admit that the wounds of his past were affecting his present reality. Why do you think we often overlook this truth that our past wounds have an impact on us today?
- C. Lecrae mentions 3 unhealthy ways that Christians tend to deal with pain: *minimize it, over-spiritualize it, or memorialize it*. When have you been guilty using one of these strategies to cope with your pain? What is the best way to deal with pain from your past?
- D. Lecrae discussed the rejection he felt from God's people when he began to confront the chaos in his past and in his present and how this led to him "lumping them in" with God. He felt that God had turned his back on him—because that is what God's people had done. Yet the reality is that God has promised to "be with you wherever you go" (Joshua 1:9). How does this promise stand in spite of how other Christians may be treating you?
- E. Lecrae notes that sometimes we move too fast, when we would be better served to slow down and look through our story. As you look back, how has God turned your suffering into hope and healing? Where do you need more of God's healing in your life?

What is your biggest takeaway from today's lesson?



SESSION 2: Confronting The Chaos

READ: Matthew 5:1-12

The Context

This passage is about Jesus addressing the justice issues of his day. He is “turning the tables” on the definition of righteousness regarding those who will enter the kingdom of heaven—in a way that astonishes his audience. This passage represents the turning point in the ministry of Jesus. It is the moment He declared Himself to be the fulfillment of Old Testament prophecies concerning the Messiah and publicly disagreed with the Pharisees—the religious leaders of the day who were still marginalizing people with their religious rules and regulations.

Watch Video: 17:30 min.

Record your thoughts or concepts that stand out to you:

Discovering church

1. Encountering the message of the gospel
2. Attempting to bridge the gap between church experiences

Chaos in the church

1. Speaking out against injustice in society
2. Response of the church and the lack of empathy

Chaos in society

1. Political ideology shows up in the church
2. Lack of empathy from Christian leaders for systemic racism

Abandoning the faith

1. A people wound became a God wound

2. Taking off the armor and throwing caution to the wind
3. Without hope, it's hard to heal

Finding the way back

1. Rediscovering the wisdom of the black church
2. Finding a global perspective of God
3. Serving when you don't know what to say

Addiction to religion

1. Jesus challenged the Pharisees, who ignored the needs of people
3. Addicted to looking good while ignoring the people who need God's love

Let's Talk!

- A. What stood out to you from listening to Lecrae today?
- B. Lecrae talked about his different church experiences after he had come to faith in Christ as a teenager. How can you relate to his story of experiencing diverse church communities? What kind of impact did those church experiences have on you?
- C. Many Christians today are "addicted to religion" in that they are more devoted to their devotion than they are to God. The same was true of the Pharisees in Jesus' day. How do you see these traits at work in the church today?
- D. It is a sad reality that those who choose to step up, go against the norm, and speak out for causes near to God's heart are often met with criticism. In what ways was this true in Lecrae's story? How have you found this to be true in your own story?
- E. Lecrae offered a few words of encouragement at the end of this week's teaching regarding how to confront chaos in the church. How will you respond to these words? What steps will you take to continue the fight toward racial justice?

What is your biggest takeaway from today's lesson?



SESSION 3: Discovering Hope

READ: 1 Kings 19:1-8; 15-18

The Context

As the events of this story unfold, Elijah has just witnessed an incredible victory on the top of Mount Carmel. He had set up a duel of sorts with the prophets of Baal to see who was more powerful—their gods or THE GOD. The priests of Baal called on their gods from morning until noon to light an altar, but to no avail. Then, after one prayer from Elijah, the Lord rained down fire from heaven, incinerating the sacrifice, the wood, the stones, and the soil around it. The Israelites quickly lost faith in Baal and followed Elijah's guidance in trusting the Lord. But it only took a rumor shortly after that when Queen Jezebel was after his head to cause Elijah to flee. He had been obedient to God and just witnessed a powerful miracle, yet he still ran away in fear. Elijah was a mighty man of God...but also human like us.

Watch Video: 16:00 min.

Record your thoughts or concepts that stand out to you:

Finding hope in the midst of a faith crisis

1. Wrestling with life in the spotlight
2. The guilt of going too far to turn back

Understanding mental health

1. Dealing with acute anxiety
2. Discovering God through a breakdown

Fear of Rejection from community

1. There is freedom in confession and suffering in suppression
2. The greatest gift of friends and family

Facing depression with God

1. Healing requires hope, and hope requires hearing from God
2. God gives us plans and a promise (*see Jer. 29:11*)
3. To make it through the pain, we have to hold onto the promise of God

Taking a Sabbatical: sitting still gives time to just “be”

Rebuilding our lives requires embracing a new reality

Let’s Talk!

- A. What stood out to you from listening to Lecrae today? How can you identify with Lecrae’s need for a break from life?
- B. Each of us will go through times in life when we feel discouraged, frustrated, and even hopeless. In these times we can express the despair that we feel and tell it to God. When have YOU gone through “the lowest pit in the darkest depths?”
- C. Lecrae noted the importance of having good friends around him as he fought his way through doubt & depression. How has your community loved you and encouraged you in this same way when you went through struggles in your life?
- D. How have you witnessed the peace from God during your darkest times? Why is it so critical to hold on to God’s promises when you are feeling despair?
- E. Lecrae stated “For us to make it through the pain, we have to hold on to the promise of hope. But in order to hold on to the promise, we have to spend time with the promise-maker.” How are you making it a priority each day to spend time with God? How has it helped you see His purpose for your life?

What is your biggest takeaway from today’s lesson?



SESSION 4: Walking In The Light

READ: Psalm 56:1-13

The Context

David had many enemies: King Saul, Doeg the Edomite, the Philistines, those from his own household, and others. David wrote this song while he was hiding out from Saul in the Philistine city of Gath. According to 1 Sam. 21:10-15, David was captured by Achish, the king of Gath, and David pretended to be insane (so the Philistines would not consider him a threat and make him leave). David wrote Psalm 56 while he was imprisoned and waiting to learn his fate. David was afraid and uncertain about his future. Yet, in the midst of his darkness and doubt, he STILL turned to God as his source of light. As a result of that, David went down in history as being *“a man after God’s own heart”* (Acts 13:22).

Watch Video: 13:00 min.

Record your thoughts or concepts that stand out to you:

Taking a step back to pursue healing

1. Finding peace
2. Drifting on the undercurrent of disconnection
3. Missed opportunities

Owning the darkness...by starting therapy Self-care is taking care of our spirit, body and soul

I am a _____

I live in a _____

I have a _____

1. Practice healthy perspectives:
 - a) Weekly Sabbath
 - b) Meditating on God’s word
 - c) Seeing our story in God’s bigger story
 - d) Being aware that God restores through hope and healing

Divert _____

Withdraw _____

Muse _____

Abandon _____

Restoration is an on-going process—not a one-time event. It is a Journey!

Let's Talk!

- A. What stood out to you from listening to Lecrae today? In what ways have you been drifting away from connection with God and people close to you?

- B. Lecrae said that sometimes the best thing we can do in the middle of chaos is to take a break. **A break IS NOT “checking-out” into a dark hole.** How do you think taking a break will help you? How does it help you see things from a different perspective?

- C. Lecrae noted that he found the courage to walk toward the hope and healing of restoration when he reconnected with God. **Read John 15:4.** What are the benefits of remaining in Jesus, ESPECIALLY doing difficult seasons?

- D. **Read 1 John 1:5-7.** What choices are you making to walk in God’s light? What will you start doing or stop doing today to stay in His light?

I will START doing	I will STOP doing

- E. Lecrae spoke of the life-changing truth of how God makes all things new. As you reflect on these 4 lessons, how is God making you new?

What is your biggest takeaway from today’s lesson?