

BEST DAYS BEST DAYS BEST DAYS

Discussion Guide “Healed Days” Pastor Daniel Floyd

Starter Think about a time when you were stressed, hurt, overwhelmed, or discouraged. What was your first response? Did you pull away, try to fix it yourself, talk to someone, distract yourself, or run to God? Why do you think it’s difficult for us, especially as adults, to turn to God when our souls are wounded?

Sermon Summary

Our wounds can become the lens through which we see our relationships, circumstances, and ourselves, keeping us from experiencing the best God has for us. Psalm 61 reminds us when our souls are wounded, we can go to God as our refuge, strong tower, place of His presence, and shelter. It’s through His presence and His people that we can find protection, perspective, promise, and healing.

ACT

As you absorb sermons, read, or participate in group discussion, take notes and make a plan to apply what God’s teaching you.

A (Action): Mark important ideas with an “A” to remind you to take action.

C (Contemplate): Use a “C” to mark ideas you want to process further.

T (Transfer/Teach): If it’s something you need to teach to someone else, note it with a “T.”

Read

What do these Scriptures teach you about God’s character? (Read some or all verses together.)

[Psalm 61:1–4](#)

[Isaiah 55:8–9](#)

[Deuteronomy 31:6](#)

[James 5:16](#)

[2 Corinthians 4:7](#)

[Proverbs 3:5–6](#)

[Isaiah 54:10](#)

[Psalm 46:1](#)

[Psalm 16:11](#)

[Psalm 91](#)

[Psalm 91:2](#)

[Exodus 33:7–9](#)

[1 John 1:9](#)

Discuss

Choose questions to keep the discussion moving. There’s no need to discuss every question.

1. What stood out to you most about the idea that our wounds can become the “window” through which we see life?
2. Why do you think we tend to hesitate to seek help when we experience deep emotional or spiritual wounds?

3. Which of the four pictures of God—refuge, strong tower, tent, or shelter—do you most need in your life right now? Why?
4. How can an unresolved wound affect the way you relate to your spouse, children, friends, coworkers, or other people?
5. What does it look like practically to pursue God's presence as a place of healing rather than trying to handle things on your own?

Go Deeper

1. Study [Genesis 37–50](#) (the life of Joseph). How did Joseph's response to his wounds keep bitterness from defining his future?
2. Study [1 Samuel 1:1–20](#) (Hannah). What can the story of Hannah teach us about being honest with God when we're hurting?
3. Study [1 Kings 19:1–18](#) (Elijah is discouraged). What can God's response to Elijah teach us about how He meets us when we're emotionally and spiritually depleted?
4. Study [John 21:15–19](#) (Peter's restoration). How does Jesus' restoration of Peter demonstrate that our wounds and failures don't determine our future?

Apply

1. Ask God to reveal an unresolved hurt, disappointment, or failure that may still be influencing the way you see yourself or others.
2. Instead of withdrawing, numbing the pain, or trying to fix a problem by yourself, intentionally spend time in prayer and Scripture, making God your refuge.
3. Create a "tent of meeting." Establish a consistent time and place to pursue God through prayer, worship, and His Word—not just on Sundays but throughout the week.
4. Identify a trusted, spiritually mature person with whom you can honestly share what you're carrying and invite them to pray with you and grow alongside you.

Pray

Here are some prayer points:

1. Ask God to reveal and heal the wounds in your soul you've tried to hide, ignore, or carry alone.
2. Ask God to help you view your circumstances, relationships, and future through His perspective rather than through the lens of your wounds.
3. Ask the Holy Spirit to draw you into a deeper awareness of God's presence and give you the desire to pursue Him daily.
4. Ask God to give you trusted people with whom you can be honest, receive prayer, experience healing, and become a source of healing for others.

Leadership Tip

Because this sermon addresses personal wounds, remind the group that vulnerability is voluntary and what's shared should be treated with confidentiality. Begin with lighter questions, model appropriate vulnerability as a leader, and allow deeper conversation to develop naturally without pressuring anyone to share more than they're comfortable sharing.