

Talking through the message during the week helps you turn what God is saying to you into action steps. These talking points, questions, and scriptures are designed to help you take the next step. If you're leading a group through this guide, don't feel like you have to answer every question. Pick out those questions that will stir up conversation and action among your group.

- What was one of the most physically painful things you've ever endured? How well did you handle the pain?

**With your Bible or YouVersion, read 1 Peter 2:11, Psalms 38:3-4, and John 8:44-45.**

These passages show us that our souls can be tortured by the things we've done and the lies we believe.

- How has your soul been tortured by things you've done?
- What lies have you believed that have tortured your soul?
- How have you been affected by your tortured soul?
- Why do you think so many of us allow our souls to be tortured by the things we've done and the lies we believe?

**Read Proverbs 28:13, 1 Corinthians 10:13, and 1 Peter 2:24-25.**

These verses tell us what we should say to cleanse our tortured souls.

- How have you seen unconfessed sin be poisonous to your soul or the soul of another?
- Why is it vital that we confess our sins not just to God, but to people as well?
- From what things has Christ set you free?
- What steps will you take to allow Christ to set your soul free this week? What sins do you need to confess?

## DAILY BIBLE READINGS

As you take steps to cleanse your tortured soul, take time to read the following Bible passages this week. This week's readings discuss the things that torture our souls and how our souls can be cleansed through Christ's forgivingness.

**Day 1:** 1 Peter 2:11-25

**Day 2:** Psalms 38:1-22

**Day 3:** John 8:31-47

**Day 4:** Proverbs 28:31 and 1 John 1:1-10

**Day 5:** James 5:13-20

**Day 6:** 1 Corinthians 10:1-13

**Day 7:** Psalms 51:1-19

## NOW AVAILABLE FOR LIFEGROUPS



RESTORE is a learning experience designed for LifeGroups to help you better understand the most effective ways to help hurting people. We have good intentions, but we can end up hurting those we set out to help. This three-part learning experience will challenge your group to reconsider how to help others without hurting them. Visit [go2.lc/restore](http://go2.lc/restore) to view the RESTORE videos and download the participant guides for your LifeGroup.