

Talk It Over

Missing Peace

Part 6

What Do I Do With My Trauma?

SMALL TALK

1. Share a childhood memory where you took a risk (like sledding over a big ramp!). How did it turn out?

VIEWPOINT

2. **Read Psalm 23.** How can this passage bring comfort in hard times?
3. **Read Psalm 34:17-18.** What are some ways that God is close to the brokenhearted and with the crushed in spirit? How can knowledge of this passage bring comfort and encouragement?
4. **Read Psalm 46:1-3.** What do we see about God's presence in this passage?

GETTING PERSONAL

5. Share a time when you have felt God's presence or received support from others when facing a hard situation.

MAKING PROGRESS (THIS WEEK)

6. What are ways you can comfort someone else this week?