

# Small Group Study: "Getting Past Your Past"

## Icebreaker

- Share one thing from your past (big or small) that you've seen God use for good in your life or someone else's.
- Our victory in Christ comes through His blood, our testimony, and a willingness to surrender our lives (physically or intangibly) for His purposes. Today, we'll explore how God transforms our past into something powerful for His kingdom.

## Scripture Reading

- Revelation 12:7-11
- What stands out to you from this passage? How does it connect to the idea of "conquering" in your life?

## Discussion Questions

Theme: The Power of Jesus' Blood and Our Testimony

1. The sermon emphasizes that "any conquering we do in our Christian life is because of the blood of Jesus first and foremost." Why do you think this is the foundation for overcoming sin and evil? How have you experienced this in your own life?
2. Revelation 12:11 says we conquer "by the blood of the Lamb and by the word of their testimony." Why do you think our testimony—our story—matters so much? How does sharing it work alongside Jesus' sacrifice?
3. The sermon mentions that "God's plan for you is not just to be a part of the family, but a part of the family business." What do you think it means to be part of God's "family business"? How does your testimony fit into that?

Theme 2: Loving Not Our Lives Unto Death

4. The sermon reinterprets "loving not their lives even unto death" beyond martyrdom, suggesting it could mean laying down shame, fear, or pain from our past. What do you think this looks like practically in your life today?
5. Look at the Samaritan woman's story (John 4:39-42). She shared her testimony despite her past. What can we learn from her example about overcoming hesitation or shame to share our story?

Theme 3: Transforming the Past

6. The sermon outlines three transformations:
  - "It was trauma, now it's a tool."
  - "It was a mess, now it's a message."

- "It was a stumbling block, now it's a stepping stone."

Which of these resonates most with your own story? Share an example if you're comfortable.

7. Joseph's story (Genesis 37-50) shows how God turned stumbling blocks into stepping stones. What's one "stumbling block" from your past that God might want to turn into a "stepping stone" for your future? How can you trust Him in that process?

8. The sermon says, "The only thing better than the feeling of trauma healing is the chance to use your trauma to help someone else heal." How have you seen this play out—either in your life or someone else's?

## **Application**

- **Personal Reflection:** Take a moment to silently think about your past. Is there a trauma, mess, or stumbling block you've been hesitant to let God use? Write it down if it helps.
- **Group Sharing:** If you're willing, share one step you could take this week to "get past your past"—whether it's forgiving someone, seeking help, or sharing your story with a friend.
- **Action Step:** As a group, commit to one practical way to support each other in this journey (e.g., praying for each other, checking in midweek, or sharing testimonies at the next meeting).

## **Closing Prayer**

Thank God for the victory we have through Jesus' blood. Ask the Holy Spirit to heal past wounds, empower your testimonies, and show you how to use your story for His glory. Lift up any specific needs shared during the discussion.