# Shalom Looking Forward

## "Peace to those on whom his favor rests" Luke 2:14

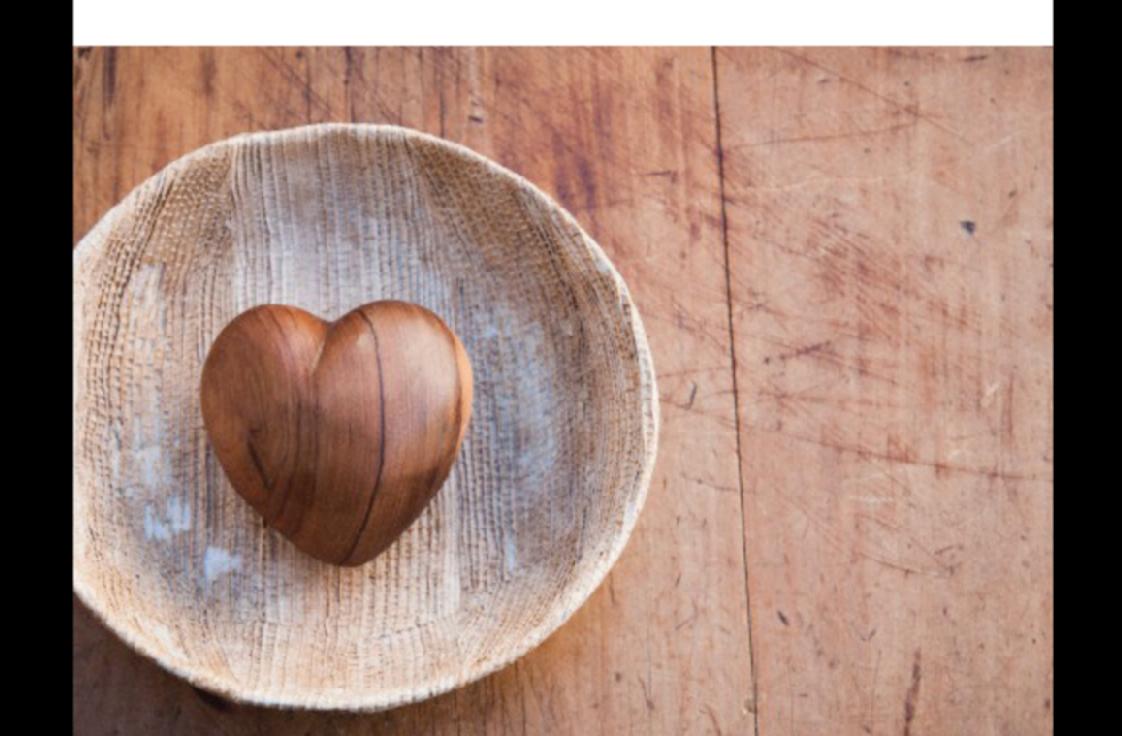
SHALOM - PEACE Wholeness, completeness, soundness, well being, safety, health, prosperity quiet, tranquility, contentment friendship



#### Chuck DeGroat

# wholeheartedness

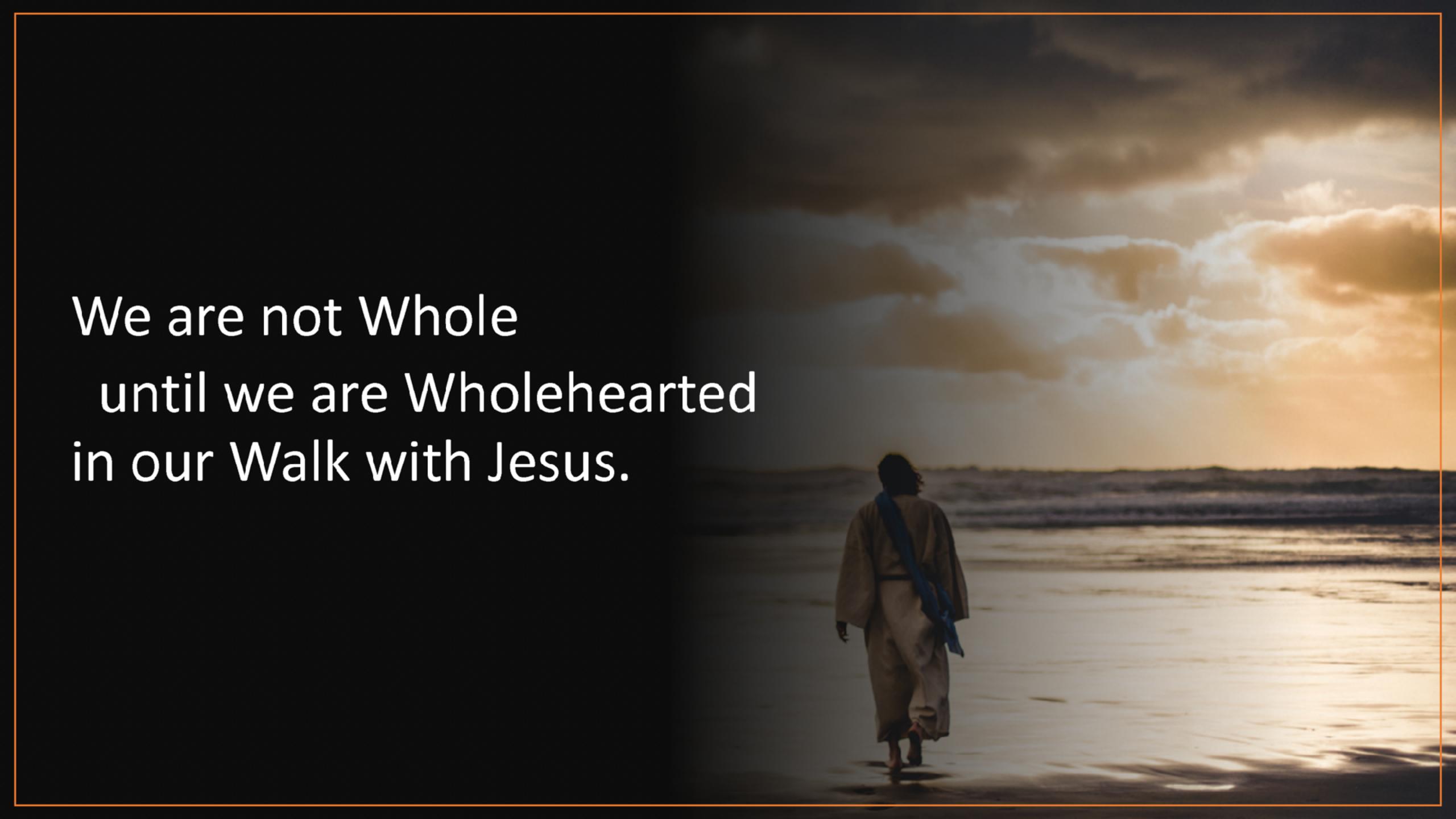
busyness, exhaustion, and healing the divided self



#### SHAME

 "I believe that its presence is the fuel for our perfectionism, which ultimately leads us to burnout and exhaustion. In shame, we hide behind masks that protect us from ourselves and others. In shame, we live divided lives that rob us of wholeness and peace. Divided and fragmented, we work tirelessly to perfect ourselves but only end up exhausting ourselves. This is our common story. No one is immune. " Chuck DeGroat

"Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matt. 11:29-30).





- •John 14:27
- Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.



- 1. Embrace Vulnerability
- 2. Practice Authenticity
- 3. Cultivate Resilience
- 4. Let Go of Perfectionism



### James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

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Matthew 5:8-9
"Blessed are the pure in heart, for they will see God. 9 "Blessed are the peacemakers, for they will be called children of God.

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## Jeremiah 6:16

This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls...

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- •1 Peter 2:24-25
- •"He himself bore our sins" in his body on the cross, so that we might die to sins and live for righteousness; "by his wounds you have been healed." 25 For "you were like sheep going astray," but now you have returned to the Shepherd and Overseer of your souls.

