

A scenic landscape at sunrise or sunset. The sun is a bright, glowing orb in the upper left, casting a warm, golden light across the sky. The sky is filled with soft, wispy clouds that catch the low light, creating a textured, layered appearance. Below the sky, a range of mountains is visible, their peaks and ridges silhouetted against the bright background. The foreground shows the dark, silhouetted outlines of hills and valleys, with some sparse vegetation visible on the slopes. The overall mood is peaceful and hopeful, with the warm colors suggesting a new day or a bright future.

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

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• “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).*





We are not Whole  
until we are Wholehearted  
in our Walk with Jesus.









- 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.





# Practicals That Lead to Shalom

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.



# Practicals That Lead to Shalom

1. Embrace Vulnerability
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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.*





# Practicals That Lead to Shalom

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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.

