



**Reflection Guide**  
**Sermon Title: An Extreme Makeover**

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### **Key Takeaways**

- ⇒ Exits expose issues. Getting out of Egypt doesn't mean Egypt is out of us.
- ⇒ God reveals Himself as Jehovah Rapha (The Lord Who Heals) because we need more than rescue, we need restoration.
- ⇒ Sozo salvation is comprehensive: God wants to save, heal, preserve, and make us whole.
- ⇒ Wholeness is necessary for holiness. We can't fully live right until we get well.
- ⇒ Unhealed wounds create destructive patterns spiritually, emotionally, and relationally.

### **Personal Reflection**

1. How have past hurts or disappointments affected your ability to trust God in present circumstances?
2. What emotional patterns (anger, anxiety, withdrawal, people-pleasing) might be rooted in past wounds rather than present reality?
3. What "Egypt experiences" (abuse, abandonment, identity issues, exploitation, manipulation) have impacted me?
4. What wounds am I carrying that affect my spiritual growth, emotional health, or relationships?
5. Am I trying to achieve holiness through self-restraint while avoiding the healing work God wants to do?
6. When embracing the view of sozo (comprehensive salvation that saves, heals, preserves, and restores), how does this expand your understanding of what Jesus offers us?

### **Three Areas That Need Healing**

- ⇒ Spiritually: When Your Wounds Override God's Wonders
- ⇒ Emotionally: When Unprocessed Pain Becomes Uncontrollable Patterns
- ⇒ Relationally: When Wounds Make You Wound the People Who Love You