

FOR Healing

As much as we would like to avoid pain in our lives, it is here to stay. Whether pain is physical, emotional, relational, vocational, financial, or even spiritual we cannot escape it no matter how hard we try. Yet in the midst of this pain, God offers us something that no one else can fully provide: healing.

1. Describe a time in your life when you experienced healing from something that had been painful (note: this can be anything whether a difficult circumstance, a broken relationship, a sinful struggle, emotional turmoil, etc.) . What did you learn in that season of healing?
2. Dave said that healing must begin with our desire to be healed. While that sounds easy, he says, it's not always because ...
 - Being healed often means that you have to stop making excuses.
 - Being healed often means that you lose your right to retaliate and get even.
 - Being healed often means you have to give up a lot of comfort.
 - Being healed often means that you have to reach out for help.
 - Being healed might mean you have to break off an unhealthy dating relationship.

How do you think the painful steps needed for healing keeps us from receiving God's healing? Be specific.

3. Read the following verses. What do they teach us about our role and God's role in healing?

God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. 2 Corinthians 1:4

Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16

"God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs." Matthew 5:3

4. Dave outlined four key choices needed for healing:

Choice #1: I must want to be healed.

Choice #2: I must look to God for healing.

Choice #3: I must be honest about my pain

Choice #4: I must humble myself and take steps to healing.

Which one of these choices is the hardest for you to make? Why?

5. Where specifically in your life do you need healing right now? What next step will you take this week? How can the group come alongside you and pray for you?