



# Connect with Your Faith

## Leader's Guide

### Week 2

#### *Topic Week 2: Does Jesus Heal Today?*

**Before Class:** Study these teaching points covered in the teaching video. Notice the time for both the teaching video and testimony video and plan the use of your time accordingly to allow for good discussion.

**Speaker: Pastor Valorie Deel**

**Script\*\*\*\***

#### **Jesus Heals Our Emotional Pain**

The healing of past hurts deals mainly with the emotional life. Painful memories, or ways others have hurt us by their sins, are emotional hurts that Jesus wants to heal. Jesus came to heal the broken hearted. Brokenness in our emotions is generally caused by another person or some experience we have been exposed to in the past. The effects of emotional pains continue to hurt us in the present and can lead to various forms of sin, depression, a sense of unworthiness, unreasonable fears and anxieties, and even mental illnesses. Past hurt brings sickness to our emotions and to different parts of ourselves and our relationships. Jesus came to free us from the emotional pain that burdens us. He takes the memories of the past and the wounds associated with them and removes the darkness from them. Healing of past hurts renews our spiritual life and brings freedom.

How does Jesus heal our emotional wounds? James 5:16 teaches us that he often uses other people to help us heal, and that we have an active role in our healing, "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."

Being part of the body of Christ in small group relationships bring safe spaces for us to be honest with ourselves and others.

Praying for one another brings supernatural healing. Sharing your emotional pain allows mature Christians to powerfully and effectively pray for you.

Christian Counselors are a great resource to help you process past hurts and pain by bringing them into the light of God's truth and transforming our minds.

Never hesitate to ask for help with healing, as freedom from grief and painful emotions allows you to enjoy the abundant life of joy, peace and hope that Christ offers each of his followers.

### **Jesus Heals Our Physical Pain**

There are three ways God heals us physically today. The first is also the most common – medical intervention. God can allow medicine to heal our bodies, and it is appropriate for Christians to cooperate with the medical community for healing. God designed our bodies to heal. His hand is at work at a cellular level to create healing in our bodies. God also created a wide variety of plants used to create medicines and promote healing. Praying for healing does not mean that a person cannot use medicine or seek help from doctors. Medical knowledge is also a gift from God, and He often heals through medical means. Therefore, Christians do not discourage the use of medicine, or discourage anyone from seeing a doctor.

The second way God heals us physically is through miracles. God performs miracles, and in faith we pray for His miraculous healing. Psalms 77:14 reminds us, "You are the God who performs miracles; you display your power among the peoples." God desires for us to ask Him for healing. He doesn't want us to give up when we see no initial results, He tells us to continue praying for healing, and not to stop asking Him to restore our body. We can persevere in prayer, through chronic pain, suffering and debility, as we seek God with all our heart, soul, mind and strength.

Finally, God heals us in resurrection. Our personal death leaves behind our broken, physical, earthly body, and we begin our eternal life in God's presence, where He restores us to physical perfection. One day we will all receive glorified, perfect, bodies like His, and will never suffer sickness, pain, grief or hurt again.

### **Jesus instructs His disciples to heal others**

We've seen how God heals our emotional and physical pain, but often we are praying not for ourselves, but for the healing of others. When Jesus was on Earth, he spent a quarter of his time healing the sick and brokenhearted. Matthew 9:36 tells us "He was moved with compassion for the people, because they were harassed and helpless, like sheep without a shepherd." He also instructed his disciples to incorporate healing into their ministries. When he sent them out to do the work he did, he instructed them to, "proclaim this message: 'The kingdom of heaven has come near.' Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons" (Matthew 10:7-8). After proclaiming the good news of the gospel, they were to heal the people. We are Christ's disciples and are still called to bring the gospel and healing to the lost today. We pray for the sick and help them heal.

When we petition God for physical healing for others through prayer, we do so with simplicity. There is no need to use special words, dramatic gesture, or raise your voice. Be loving and

gentle toward the person you are praying for. Show sympathy and have a humble attitude. Jesus always showed deep compassion for the sick.

Look to God in faith. He is the one who heals, and He is the one who chooses healing after physical death. Never assume a person who is not healed is somehow guilty by accusing them of lack of faith or of harboring some secret sin. His ways are not our ways. We can trust Him and His plan, even when it is not what we prayed for and brings us pain.

**End Script \*\*\*\***

**Tough Questions Prep:**

**I have faith and pray, why is God not healing my emotional and physical needs?**

There are four things to ask if you feel confident you have been faithful in prayer:

1. Is there any sin in your life that God needs you to work on first?
2. Is there a particular lesson God wants to teach you?
3. Have you asked others to help you carry your burdens? Do you have a Church community faithfully praying for you? Are you engaging with them?
4. Have you lost hope or gotten angry with God? Remember, Christ knows suffering well. He suffered and died for us. Sometimes we think He doesn't care or understand our pain. He does. No suffering, even death itself, can separate us from His love.

After that, you stay in hope and prayer for miracles.

**Key Scriptures to Review Prior:**

Luke 9: 11

Luke 6: 19

Psalms 34:17-18

Luke 4:18

Romans 8:28

James 5:16

Matthew 9:36

Matthew 4: 23

Mark 6: 56

Philippians 3:21

Luke 6: 19

## *Class Timeline:*

	Estimated time
1. Introductions	15 min
2. Teaching Video	Pastor Valorie Deel, 6:20 mins
3. Discussion Questions	15 min
4. Testimonial Video	Connie McIntyre, 4 mins
5. Takeaways	10 min
6. Prayer	1 min
7. Invitation for next week	1 min

### **1. Introduce the content and video for this class (in your own words):**

We are continuing our series on Faith. Last week we discussed how to deal with doubt. Today we are going to talk about healing and the role our faith plays in that.

Does God heal today? Yes!

Revelation 21:4 tells us, “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.” In this verse, we are told that suffering, full health, and immortality will come only when the “old order of things passes away.” Until then pain, grief, sickness, and eventually death are all part of our human experience. Our Christian hope is the expectation that the best is yet to come, but God sometimes gives us a foretaste of the coming “new order of things” when He intervenes directly and heals in answer to prayer. God will give all His children ultimate healing as our bodies are restored to heaven, but there are things we can do today to be part of God’s emotional and physical healing.

### **2. Play the teaching video.**

### **3. Discussion questions (pages 7 & 8 ):**

1. Where have you seen God’s healing in your life? Was it different than how you imagined it would happen?
2. What are the steps we take to allow God to heal us?
3. Why do we need to pray for healing for ourselves and others? Is that hard for you?

4. How do we stay faithful when God does not heal as we expect?

Share about the role of Stephen Ministers and how they can help people needing love and care as they go through challenging times. You can also mention The Summit Counseling Center. They have several locations and can provide discounted counseling based on income and need (See pages 10 &11).

**4.Play the short personal testimony video. Connie McIntyre 4 mins**

**5.Closing / takeaways in your own words:**

**Key themes to understand:**

1. Jesus heals our emotional pain
2. Jesus heals our physical pain
3. Jesus instructs his disciples to heal others

God does heal both our physical and emotional wounds, but we need to cooperate with God to allow Him to heal us. His healing is a foretaste of what is to come when we die and receive our perfect, eternal bodies. Christians have a responsibility to pray and support others needing healing.

**Additional application for this topic.**

The Bible talks about abundant life, joy, and peace. These things seem unbelievable to followers when we are brokenhearted. We may not know we are brokenhearted, but that is why we cannot experience these promises of His. We need healing.

Faith and prayer are the key to our physical healing. We must believe that God can and will heal us. Without faith works are dead, but we cannot feel guilty having doubt. We can only seek God with our heart, soul, mind, and strength to grow our faith.

**6.Close in prayer Use the PRAY model as we teach them to pray:**

P = praise – praise God for who he is and what he has done. Use attributes to describe Him.

R = Repent – remind them of their sin and need for a Savior

A = Ask – petition your request for this group to our Father in Heaven including any needs for healing

Y = Yield – Submit to God’s will with words that remind us to trust Him through their healing

<b>PRAISE</b>	Matthew 6:9	"Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name.'"
<b>REPENT</b>	Matthew 6:12	"And forgive us our debts, as we also have forgiven our debtors."
<b>ASK</b>	Matthew 6:11&13	"Give us this day our daily bread."  "And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]"
<b>YIELD</b>	Matthew 6:10	"Your kingdom come. Your will be done, On earth as it is in heaven."

**7. Invite them back next week to learn about . . . . .**

Next week during week 3 we will discuss Why We Should Study the Bible. Join us!