

Out of Hurt and Into Healing

OUT OF / INTO	[who will heal us?] Lamentations 2	Going Deeper—Living it Out	“Who will heal us?” is a question we are probably all asking. Why do some of us ask it more loudly than others?
	[the answer] Mark 1-2		Can you identify with the Israelites in Lamentations 2? Explain.
	[the healing we long for] The relationship between the healing we long for and ...		If Jesus is the answer to our question, why do we have such a difficult time letting him be the answer?
	Mark 1		How would you define healing as the Bible describes it? (rapha in the Old Testament and sozo in the New Testament)
	Mark 2		Describe the relationship between the healing we long for and our willingness to step boldly into the presence of God as worthy recipients of that healing.
Mark 1.15	How does Jesus heal us in the midst of community?	Explain how our longing to be healed is connected with our honest with God?	

OUT OF / INTO	[a problem] John 4.1-26	Going Deeper—Living it Out	Which of the observations about our longing to be healed is the most difficult for you? Why?
	[putting it together] Psalm 147		Look at John 4. What was the woman’s hurt? Describe her reaction to Jesus identifying it and offering healing. Can you relate? Explain.
	Psalm 34.18		They say we won’t change until it hurts more to stay put than it does to move forward. Do you agree? Explain.
	Matthew 11.28		What will it take for us to trust Jesus enough to let him be the answer to our question, “Who will heal us?”
	[big questions]		What are you doing about your hurt? How are you responding to the suffering of those around you? What is preventing you from being honest with God and the community around you? How should we respond to this as individuals? As a community?