

Out of Hurt—Into Healing

-Going Deeper

As the great philosopher, Michael Stipe, once said, “Everybody hurts sometimes.” We live in a broken world and in this broken world we experience broken hearts, broken dreams, broken relationships, broken bodies and the list goes on, so we cry out, “Who will heal us?” This is a question that the nation of Israel asked for hundreds of years as they waited for the answer and eventually it came. Unfortunately, many rejected the answer—I guess we aren’t so different are we?

What does it mean to embrace Jesus as our healer? That’s a difficult question to answer sometimes. Maybe not so much because we don’t have the answer, but because we aren’t sure we like the answer. Sure, we want to be healed, but because we don’t want to get hurt again, we aren’t sure we can trust Jesus enough to do what he asks us to do in order to experience the healing that he offers. Take some time to reflect on these ideas and if you’re ready, give Jesus permission to take you to the places that need to be healed.

The healing we long for and our willingness to step boldly into the presence of God as worthy recipients of His healing: Why do we struggle with this idea?

Is our struggle, perhaps, connected to our idea of healing? Explain.

Read Mark 1.11 and Colossians 3.1-4. How are they connected? How does this affect how God sees us and how we can relate to Him?

Reflect on this statement: “When the evil one comes to you at night and he accuses you of this and that and the other thing, don’t argue with him, he’s got good evidence. Just say to him, ‘It’s irrelevant. I’ve been washed in the blood of the Lamb.’”

The healing we long for and the community we belong to: Jesus heals us in the midst of community. How have you experienced that?

Why do you think Jesus uses community?

Think about how you have experienced healing in the midst of community.

How have you been used by Jesus to bring healing through your community investment?

What keeps us from experiencing healing through community?

Think about a way that you can be intentional about being used by God to bring Jesus' healing into a specific relationship, and do it.

The healing we long for and our honesty with God: Maybe our dishonesty is one of the main reasons we don't experience restoration and wholeness. Why is honesty with God so difficult?

Thomas Merton said that sin is wearing a mask when God is looking for a face. What are some of the masks that you wear?

"Besetting sin"- a deep darkness that you hold in your heart until, like cancer, it eats away at your life. Have you experienced this? Why do we let this happen in our lives?

Meditate on 1 John 1.8-9.

How will you start to be honest with God and let Him heal you?