

# Cultivate Reflection Guide

## The Healer: How to Experience the Healing Power of Jesus February 12/13, 2022

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**NEW series:** We know Jesus as our Lord and Savior, but do we know him as a healer? Whether it's the ongoing struggle with the pandemic, our spiritual and emotional health or our relationships, we all need healing.

Our weekly Reflection Guide equips you to start a REAL conversation in your community group, as well as cultivate God's word into your life through personal bible study. Choose the questions that challenge you to reflect and respond to what we're learning. *It's not about getting through the content, but getting the content through you!*

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**Read:** [Mark 9:14-29 ESV](#)

**Reflect:** As you reflect on the weekend message, what most instructed, encouraged or challenged you? This could be any word, verse or point that got your attention.

### Respond:

1. Faith is essential to healing. We need to **believe that Jesus can heal**.
    - Be REAL about the state of your faith today. This doesn't mean you'll stay here, but knowing where you stand will help determine where you're going. Does your faith feel certain, strong and resilient or are you struggling with uncertainty and unbelief?
    - Often, rather than doubt the devil's lies and believe God truth, we do the opposite. Is there anywhere you might be believing lies and doubting truth? This could be in regard to self, God or others.
  2. We need to **learn to ask** Jesus for healing.
    - We have a front row seat to our Savior and yet so often we do life on our own. Is there anywhere you're doing life on your own or forgetting to ask Jesus to go with you? This could be spiritual, relational, emotional, physical or financial.
    - Read [Hebrews 4:15-16 NLT](#) and [Psalm 116:1-2 NLT](#) and be encouraged regarding God's willingness to hear your requests. What obstacles, if any, are keeping you from the God who hears you?
- Dig Deeper* In addition to asking Jesus for healing, we can invite people we trust to pray with us and for us. This takes vulnerability and authenticity, but it also cultivates community and deepens our relationships. Who in your life can you invite to pray with you and for you? Reach out this week and share!
3. We need to **trust** that Jesus **will always answer us**.
    - Think about a prayer that God answered differently than you anticipated or expected, whether that was "yes, no or wait."
    - What did you learn about yourself? What did you learn about God? How did this process or the outcome deepen your relationship with God?

**Prayer:** God doesn't owe us anything and yet when we ask, He answers. That not only gives us hope, but it should increase our faith. *"Jesus, you are my sovereign Lord and Savior. I confess that at times, my faith wavers, but I ask you to help my unbelief. I boldly ask for healing and I trust you to answer me. Jesus, cultivate a deeper and richer faith in me so that I become a woman who believes you can, even when I don't know if you will. Amen."*

**Live it Out:** Pastor Matt invited us to join him in journaling through this series so that we can record our prayers and capture how God works in our lives. Begin this week by creating a list of the things you're praying for. This could be healing, hopes, growth or change you desire for yourself or others. Don't forget to pray for our church! Use your journal as a place to be REAL with self, God and others.