

Cultivate Reflection Guide

The Healer: Understanding Why God Heals February 19/20, 2022

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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!*

Read: [Matthew 8:5-17 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. Jesus is our Jehovah Rapha. He heals because **He is the healer**.
 - Think about a time you've asked for healing. This might have been physical healing, but it could also include a less visible work of healing in your spirit, heart, mind, relationship with God or others.
 - How did that experience challenge your faith? How did it strengthen your faith?
2. We don't need to know **if God will heal**. We only need to believe **that God can heal**.
 - Is there anything you're facing in which you're asking, "will God?" instead of believing "God can!"
 - Read [Isaiah 53:3-6 NLT](#). What do you learn about the lengths God goes to for your healing and wholeness?
 - Be REAL with God. What healing do you want to believe Him for today? You can be honest with Him about any area where you want to experience wholeness.
3. **Accepting God's answer** is about living under his authority, not wanting to be in authority.
 - Is there anywhere in your life you're tempted to take matters into your own hands rather than wait on God and/or accept His answers?
 - Read [Proverbs 3:5-8 NLT](#). What are we promised (v.8) if we trust God? How do you need to trust in God's ability and authority to lead and guide you?

{ Dig Deeper Keep reading Proverbs 3 for more wisdom and insight on trusting God's authority.

Prayer: We can pray with faith because of who listens. Jesus not only carries our burdens, but He carries our hopes. *"Father God, help me to see my circumstances in light of the cross; to remember that you overcame death so that I might live healed and whole. I believe that you're a good God who writes great purpose over everything in my life. I ask you to build my faith and use my life to point others to you, and when I grow weary waiting for answers or wrestling with what-ifs, help me to trust that you're with me and believe you're working."*

Live it Out: Journal or make note of what you're learning and how you see God working – whether through healing, building your faith, changing your perspective or deepening your relationship with Him. Then, share that with your community group, a trusted friend or someone who needs hope. When doubts or unbelief challenge you, remember Jesus is with you and for you. Your problems are not greater than your God. You are never alone!