

Cultivate Reflection Guide

The Healer: Understanding Why God Says No to Our Prayers February 26/27, 2022

[WATCH](#) | [DOWNLOAD](#)

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: [Mark 10:46-52 ESV](#) and [Luke 22:41-43 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 your **El Shaddai** – your Lord Almighty, your all-powerful and all-sufficient sustainer.
 - Take a few moments to simply imagine Jesus. Just linger here and be with him. Now, in your own words describe Jesus. This could be how you feel in his presence or just words that come to mind about his character, reputation and relationship to you.
2. God says no because **we don't ask Jesus**.
 - [Matthew 7:7-8](#) provides a recipe for our prayers: ask, seek and knock. As you consider your prayer life, what obstacles or distractions keep you from turning to Jesus quickly and urgently? This could include pride, shame, fear, secrecy or even time, attention, energy, habits or being unsure how to ask.
 - Is there anywhere you're turning before you turn to Jesus? This might be yourself or others. Note that the recipe for prayer does not instruct us to first scroll, post, consult, overthink, underestimate or gossip.

Dig Deeper The bible has much to say about how the company we keep can impact our spiritual growth. Read [Psalm 1:1-2](#) and [Proverbs 13:20](#). How are you challenged to cultivate healthy relationships with self, God and others?

3. As you consider the reasons **God says "no" to our prayers**, how do you want to experience healing and growth in your prayer life:
 - I want to have more faith
 - I want to trust God's best over my good enough
 - I want to check my heart and motives often
 - I want to confess my sin quickly and consistently
 - I want to accept God's plans even when I don't understand them

Live it Out: Talk to Jesus. Confess those obstacles that are keeping you from turning to him first. Ask him to search your heart and show you any sin or selfish motives you're missing. Then, invite Jesus into the healing and growth you want, "Jesus, I want to _____." Now, walk forward in faith and pray every day for God's strength and the courage to allow him to change you from the inside out.

Prayer: "Lord, I confess that at times I struggle to understand the "why" behind my denied prayer requests. Regardless of the reason, when you say "no" it can be painful. Help me to hold onto the truth that you are still good, and you always love me, especially in the midst of my hurt. I pray for your miraculous strength to encompass me like a blanket, and for you to use every answer to prayer to bring growth and greater intimacy with you. Amen."