

Cultivate Reflection Guide

The Healer: How Jesus Heals Mental Illness March 19/20, 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!*

Note: If you're discussing this week's message in a group, be mindful that this topic may be delicate or even painful for some. Handle one another's hearts with grace and care, creating a safe space for everyone to be heard without judgement. Ask curious questions that demonstrate compassion, care and a desire to understand.

Read: [Mark 5:1-20 ESV](#) and [Matthew 22:36-40 ESV](#)

Reflect: If mental illness is a part of your story, either personally or with someone you know/love, reflect on how that experience has affected your faith in Jesus's ability to heal or even your willingness to pursue Him for healing. Remember, we don't have to know if Jesus **will** heal to believe that He **can** heal.

Respond:

- Jesus is **both** Savior and Healer. He heals mental illness by **not being afraid** to deal with it.
 - What stigmas or stereotypes are you aware of that surround mental health/illness?
 - Is there anything you currently believe [about self, God or others] that would prevent you from seeking help or healing? This could pertain to mental health or any area in which asking for help feels difficult for you.
- Jesus heals mental illness by **identifying the specific problem**.
 - Jesus often asked questions to learn more about a person before healing them. Are you someone who asks curious questions [a listener/learner] or someone who quickly offers solutions [a fixer/doer]?
 - How has that either improved or impacted your relationships with others?
 - The purpose behind asking curious questions is to point others toward Jesus for help and healing, rather than create dependence on us. How can you cultivate that practice into your life?
- Jesus heals mental illness by **revealing the complexity** of our illness. As you consider the four main contributors to mental illness, ask yourself in which you could pursue healing and/or pray for others.
 - Social:** do you have the love and support of trusted community?
 - Spiritual:** do you feel confused or attacked by something you can't make sense of?
 - Psychological:** do you have control over your mind the way you would like?
 - Biological:** could you have a chemical imbalance that effects how you think, feel or act?

Even if you don't identify mental health as a struggle, invite God to search your heart and show you how you can experience growth in these areas of relational, spiritual, emotional and physical health.

LOVE it Out: The key to mental health is love – for self, God and others. Identify some ways you can practice healthy self-care. Do you need to talk to someone about what you're thinking and feeling? Do you need to spend time resting and being with God? Are you ready to focus on others by serving? Step out in faith and pursue love because you are worthy of it! Visit sandalschurch.com/next if we can help you.

Prayer: "Lord, you are both my savior and my healer. I confess that fear, shame and pride can keep me from confronting my own brokenness. Fight those instincts in me and remind me that I'm loved and worthy of health and wholeness. Jesus, lead and guide me as I purpose to love you with my heart, mind, soul and strength. Guard and protect me and I seek real healing and become the most authentic version of myself. Amen."