

# Cultivate Reflection Guide

## The Healer: How Jesus Heals Relational Wounds

March 26/27, 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!*

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**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 kindness, creating a safe space for everyone to be heard without judgement. Ask curious questions that demonstrate compassion, care and a desire to understand.

**Read:** [John 4:4-26 NLT](#)

**Reflect:** As you reflect on the weekend message, spend some time with the woman at the well. Imagine what it felt like for her to choose discomfort, inconvenience and isolation just to avoid shame and humiliation. Imagine what it felt like to finally find hope in Jesus. What most resonates with you about this story, this woman and our Jesus?

### Respond:

1. Pastor Matt reminded us that "God has allowed difficult chapters in your story to bring about his miracle in your life." How has God used difficulty in your life to bring about growth and goodness?
2. Jesus offers me a **different kind of drink**.
  - The world offers us many intoxicating distractions: money, success, power. Even unhealthy expectations of love, family and friends can leave us seeking satisfaction and contentment in the wrong places. Is there anywhere in your life you're looking for fulfillment apart from Jesus?
  - We worship an all in God. How do you need to shift your priorities SO THAT you can be all in with Jesus? This might be something you need to STOP doing or something you need to START doing.
3. If we're not careful, we'll expect the Church and Christianity to motivate and entertain us, rather than challenge and transform us. How is your faith in Jesus actively changing who you are and how you choose to live?
4. Jesus gives me **hope**, even when I have been **hurt** so many times.
  - Left unchecked, the remains of relational hurt – bitterness, resentment, anger, unforgiveness – will destroy us from the inside out. Invite Jesus to search your heart. Is there any hurt – past or present – that is taking up space in your heart and mind, stealing your hope?
  - Brokenness leads us to believe we have permission to sin. Have the courage to be REAL with God about how your hurt has led to sin [more hurt] toward self, God or others.

**Live it Out:** Jesus said to the Samaritan woman, "please give me a drink" and in exchange He promised she would never thirst again. Jesus makes that same offer to us: "please give me \_\_\_\_\_." Whether relational hurt or the physical, spiritual and emotional burdens you carry, Jesus wants to take them. He offers you hope and healing. Empty your life of what is hurting you and let King Jesus have his way in your life, relationships and circumstances.

**Prayer:** "Jesus, I confess that at times I've put my hope in other people and other things, expecting them to satisfy me. I give you the wounds of my broken relationships, my disappointment, my hurt and sin. I ask you to save me and heal me. I ask you to redeem what has been broken and restore what has been lost. Thank you for pursuing me with your love, a love that will satisfy my every longing when I seek you with my whole life. Jesus, transform me by your spirit into the woman you have called me to be. Amen."