

Cultivate Reflection Guide

The Healer: Jesus Heals Through Us April 9/10, 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!*

Reflect: As we close our series, what have you learned about Jesus as our savior and healer? This might be an experience with personal healing, a deepening of your prayer life or a greater understanding of self, God and others.

Respond:

1. Jesus heals through us when we **pray for one another**.

- Read [James 5:16](#). What two things are we instructed to do SO THAT we might be healed?
- Confession depletes sin of its power in our life and puts us on the path toward freedom and growth. While God is the only one who can forgive our sin, confessing to others cultivates authentic community and accountability. Is confession to God and others a regular practice in your life?
- *If yes*, how has that practice helped you grow in your walk with God? *If not*, what is holding you back from confessing your need for healing to God and/or others? Reach out to someone you trust and ask them to pray with you – even if it's just for the courage to be REAL with yourself and God.

Dig Deeper Notice that verse 16 begins with “therefore” – a signal to us in scripture that it is *there for* a reason. Read [James 5:15](#) to learn why there is power in confession and prayer.

2. Jesus heals through us by taking our **misery** and turning it into **ministry**.

- Read [2 Corinthians 1:3-4](#). How have you experienced God as a Father of compassion and comfort?
- How has God's comfort equipped you to minister to others? This could be a specific example OR it could be overall growth, maturity and strength that has allowed you to serve and minister to many.

3. Jesus heals through us when we **forgive others** and **reconcile**.

- Read [Ephesians 4:32](#). If Jesus has forgiven us, what characteristics should be evident in our life?
- Are there any relationships in which you need to practice kindness, tenderness and forgiveness? Ask God what it looks like for you to begin that work – even if the person you need to forgive is you.
- **Note:** Reconciliation between us and others is not always possible, but forgiving others reconciles us to God and ensures that we have a right relationship with Him.

Live it Out: Pastor Jeff challenged us to **invite others** to “come and see” our Healer. What is a next step you can take to use your life, your story, to help other learn more about Jesus? This could look like cultivating a friendship with someone, inviting a friend or neighbor to church this Easter or serving on a team at Sandals Church.

Prayer: “Jesus, thank you for opening my eyes and allowing me to see that you are my healer, and you can heal others through me. Use my story, my life for your glory. Equip me to point others to you. Place opportunities in my path, empower me with your Holy Spirit and give me the courage to step out in faith. Work in me, through me and around me so that my life reflects your love and forgiveness. Amen.”