



Get Your Hopes Up Series - Hope for Healing

Hosts – Merry Christmas to each of you and those in your community group. Thanks for preparing to lead in discussion this week.

Say, The last couple of weeks Michael has been speaking on the theme of getting our hopes up. In a culture that usually focuses on less hope and protecting ourselves from disappointment, Scripture reminds us that God is the God of hope, justice, love and compassion.

Ask, Does anyone have anything to share from the last couple of sermons that God has been teaching/reminding you during this series? (Allow time for people to respond.)

Ask, What is the difference between hope and wishful thinking?

Say, This week Michael spoke about Hope for healing and he defined healing as bringing about physical and/or spiritual health. While we tend to focus on physical healing, spiritual healing is an important aspect of healing that we will explore tonight as well.

Ask, What are some ways that we suffer and need healing?

Say, Michael's first point was **God is the author of healing.**

Say, Conventional wisdom mentions that there are two inevitabilities. Death and taxes. Actually, Sin ushered in this **unnatural act** of death. God is not the author of death.

Read the following verses –

Exodus 15:26

saying, "If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer."

Read Psalm 103:2–3

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases.

Say, Jesus is all about healing as an extension of a healing God. It was a large part of His earthly ministry.

Read Luke 5:15

But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities.

Ask, do you remember other instances in Scripture where Jesus healed? (allow time for quick references to be shared)

Say, the second point of Michael's sermon was **Healing should bring glory to God and result in discipleship**

We want healing to feel better and suffer less but since we are created for eternity rather than just for the physical, God is glorified and we walk in faith and grow in Him.

Ask someone to read this verse focused on Discipleship- Mark 10:52

And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way.

Say, We are not healed to continue on the way but to follow Him.

Ask, Have you ever received a gift and quickly forgot the significance of someone giving? What are some ways you and I can intentionally focus on the gift of Christ in our lives?

Read Acts 3:8–9

And leaping up, he stood and began to walk, and entered the temple with them, walking and leaping and praising God. And all the people saw him walking and praising God

Say, An appropriate response to God is to give glory to God publicly and come alongside others in their journey. Our journey is not designed only for us but to assist others in finding hope in God.

Say, As a Christ follower we hope for healing and we long for a result of whole health and we desire that others find hope in their suffering to rely on God.

Ask, What would you like to give God glory for right now while we are meeting? (allow time for sharing)

Say, the last point of the sermon was **Spiritual healing should be coveted more than physical healing**

Read Mark 2:1–12

And when he returned to Capernaum after some days, it was reported that he was at home. And many were gathered together, so that there was no more room, not even at the door. And he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him, and when they had made an opening, they let down the bed on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, “Son, your sins are forgiven.” Now some of the scribes were sitting there, questioning in their hearts, “Why does this man speak like that? He is blaspheming! Who can forgive sins but God alone?” And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question these things in your hearts? Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your bed and walk’? But that you may know that the Son of Man has authority on earth to forgive sins”—he said to the paralytic— “I say to you, rise, pick up your bed, and go home.” And he rose and immediately picked up his bed and went out before them all, so that they were all amazed and glorified God, saying, “We never saw anything like this!”

Mention this idea from C.S. Lewis – “We are a soul that has a body rather than a body with a soul.”

Say, When we don’t experience healing as we think we should, we can become withdrawn, harsh, closed off to others and bitter. The fact that we are a soul that just happens to inhabit a body helps us to realize that we are created for eternity and not merely for our time on earth.

Read James 4:14 - *yet you do not know what tomorrow will bring. What is your life? For you are a mist that appears for a little time and then vanishes.*

Say, one of the passages we explored last week in Hope for love was Romans 5:1–8

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not put us to shame, because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. For while we were still weak, at the right time Christ died for the ungodly. For one will scarcely die for a righteous person— though perhaps for a good person one would dare even to die— but God shows his love for us in that while we were still sinners, Christ died for us.

Say, Suffering is designed to lead us to hope and this hope is God Himself. God is predictably kind, loving, holy, interested in you.

Ask, Where are you placing your hope? **Say**, Even the best people will let us down, but God is always reliable. Where you put your Hopes is where your hope lies.

Close in prayer.