

## 2019, January 19 Study Guide Mark Rutland, "Courage To Be Healed"

**Key Scriptures:** "There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

1 John 4:18-19

2 Corinthians 5:17-18 "If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new."

John 8:32 "And you shall know the truth, and the truth shall make you free."

Romans 8: 28, 31, 32 "And we know that all things work together for good to those who love God, to those who are the called according to His purpose." ... "If God is for us, who can be against us?"

Revelation 3:20 "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me."

Matthew 9:22 "Be of good cheer, daughter; your faith has made you well."

### **Start Talking:**

Have you ever blamed someone else, only to find up that you were the problem all along? Share.

How do you explain how someone who is "a new creation" still needs healing for certain areas in your life? Discuss.

Mark Rutland said, "A doctor pushes on the hurt shoulder. That's what the Holy Spirit does." Have you ever experienced being pushed by the Holy Spirit in order to make you better? Was it worth it? Did you embrace this discomfort and pain or reject it and stay the same? Discuss.

### **Start Thinking:**

Mark Rutland said, "Angry people often have issues from childhood", and shared the story of the boy who was violently raped at the age of 14. How

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can something like this cause a person to subconsciously believe lies about who they really are? Share and discuss.

How can a lie manifest itself in the life of the one who believes it? Share some examples.

Mark Rutland said, "Some people afraid of the truth?" What causes someone to resist the truth about something that happened to them? Share and discuss.

### **Start Sharing:**

When someone says, "I know God has forgiven me, but I can't forgive myself", what should you say to them?

Can you think of an example of how someone might minimize or deny a past fear? What does this look like? Why do they do it?

What does a life look like when the person exaggerates a past pain? Discuss.

If logic doesn't cure certain fears, how does a Christian get freedom from a compulsive fear? What does he or she need to do? Discuss.

**Start Praying:** "Lord, give me the courage to trust You with the healing that I truly need to finish being "new creation." Help me to be honest with myself."

### **Start Doing**

1 John 4:18 says, "Perfect love casts out fear." How does someone find that perfect love which delivers from fear? What action needs to be taken? Share.

Have you ever shoved a fear "under the rug" and decided not to deal with it? Where can you get the courage to finally resolve your fear?

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Mark Rutland said, "Not everybody wants you healed because it benefits them. They look better against you." What do you do with someone who practices this?

Do you need healing? It takes courage to admit the need to be healed. Are you willing to really believe that God wants to heal you?

In Revelation 3:20, Jesus says, "Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me." Are you ready to open that door? Pray about finding the courage, through faith in Who God says He is, to find the freedom that God wants for His children. The truth shall set you free!  
(John 8:32)