

## Small Group Guide: Do You Want to Be Healed?

### Opening Prayer

### Key Takeaways:

1. Jesus asks a seemingly simple but profound question: "Do you want to be healed?"
2. Healing involves physical, emotional, and spiritual aspects of our lives.
3. Sometimes we become comfortable or attached to our dysfunction or pain.
4. True healing requires taking responsibility and letting go of blame.
5. Faith often begins with small steps rather than complete understanding.

### Discussion Questions:

1. What was your initial reaction to Jesus' question, "Do you want to be healed?" Why do you think He asked this?
2. The sermon mentioned three layers to healing: physical, emotional/spiritual, and implications. Which of these do you find most challenging in your own life?
3. Have you ever experienced a time when you were hesitant to let go of pain or dysfunction? What made it difficult?
4. How might our identity become wrapped up in our struggles or pain? How can we find our identity in Christ instead?
5. The sermon talked about the danger of external righteousness without internal transformation. How can we guard against this in our own lives?
6. What are some ways we might unintentionally use our pain or struggles to manipulate relationships or situations?
7. How does the concept of Sabbath rest relate to our need for healing in Christ?
8. The speaker mentioned that faith often starts with small steps. What's one small step of faith you feel God might be calling you to take?

### Practical Applications:

1. This week, spend some time in prayer asking God to reveal areas where you might be resistant to healing or change.
2. Choose one area of struggle in your life and commit to taking one small step towards healing this week. Share this with a trusted friend or group member for accountability.
3. Reflect on how you view your identity. Write down ways you can actively root your identity in Christ rather than in your circumstances or struggles.
4. Practice extending grace to others who may be in the process of healing, remembering that transformation is often a gradual process.
5. Set aside intentional time for Sabbath rest this week, focusing on finding your rest in Christ rather than just abstaining from work.

### Closing Prayer

Encourage group members to continue reflecting on the question "Do you want to be healed?" throughout the week, inviting God to work in their lives.