

# Talk About It

Small Group Discussion Guide

## Paradox

April 20 & 23, 2023

### Start Talking

What's your "hydrogen peroxide" story? Ever skin your knee or get scraped up climbing a tree?

### Main Idea

This weekend, Pastor Jackson spoke about hurting and healing and how to understand God's design and purpose in the hurting and discover biblical healing. In Genesis, we learn about the Garden of Eden—no pain or shame existed. But by Chapter 3, we sinned, and brokenness and pain entered the world. God promises in the book of Revelation that we will return there someday. But in the middle, life has times of suffering and pain.

We can experience multiple types of physical, emotional, or spiritual pain, but God can heal it all. "Rapha" means healer. **It is not just what God does but who He is.**

**No matter what type of healing it is, it is an act of God.**

The purpose of healing is to glorify God; sometimes, pain and suffering are necessary to accomplish a greater good. God's will was for Jesus to go to the cross, but God hated to see His Son suffer. However, God had to allow what He hated to accomplish what He loved – saving our souls.

The woman with the issue of blood (Luke 8) struggled for many years until she touched the edge of Jesus's robe, healing power went out from His body, and He said, "Your faith has made you well." Her faith opened the door for God to do what only He can do.

Healing is in the hand of God and for the purposes of God. Even in the suffering and waiting, we can have faith like Shadrach, Meshach, and Abednego, who said, "If we are thrown into the blazing furnace, **the God we serve is able to deliver us from it, and He will deliver us, but even if He does not, we will not serve your gods or worship the image of gold you have set up**" (Daniel 3:17:18).

"Do you want to be healed?" It sounds like an absurd question, but we sometimes grow comfortable in our condition and don't want to do the work of restoration. It can be easier to continue living in the painful reality of what you know than to put in the work to change, be healed, and grow.

Our fallen world has pain and brokenness, but God is using it and tying it to purpose. His primary purpose isn't pain relief but to make you new. Is that your desire too?

Isaiah 53:5... it is by his wounds we are healed. God was teaching us there can be a purpose to our pain.

The healing process requires you to:

1. Start talking to God, not just about God.
2. Use the tools...doctors, counselors, small groups, church.
3. Open your heart.

### Personalize It

1. Have you ever gone through a "Why God" season? What was it like? How did you heal? Have you healed? Are you in one now?
2. Which of the 3 steps in the healing process above do you find easiest? Most challenging? Why?
3. Is it easy to doubt God when the healing doesn't come immediately? Is that a normal response? What is a more appropriate response?
4. What is our desired outcome for healing? Is God's purpose different? How so?
5. Do we negatively stigmatize certain types of healing (physical, mental, emotional, spiritual)? What role does pride play in preventing healing?

### LET'S DO IT! Commit to a step and live it out this week

1. Identify an area needing healing in your life—physical, emotional, or spiritual. Ask God to meet you and reshape your thinking in the waiting. If you can't identify a particular need, pray that if there is something, but you can't see it, God will reveal it too. Sometimes we become so familiar with our condition that we forget that He wants to heal those "accepted" things too.
2. Someone in your life needs a healing touch—a parent, child, spouse, neighbor, or friend. Pray that God would show you who that is and find a way to bring healing into their world—not that healing depends on you, but because God is inviting you into their healing story.
3. Connect with someone in your life who has been there for you or who you know would be there anytime you need help. Thank them for the role they play in your life. Ask them how they are doing. Offer to pray for them and ask if there is anything else you can do for them.

Did you know God uses others to heal those broken places in our lives? That's one reason why small groups are so crucial at Cypress. Don't miss out on being a part of a small group. God also wants to use you to help bring healing to the lives of people in your small group. <https://cypresschurch.tv/groups>

## Pray

Lord, we come before You as broken people. Broken because we no longer live in the perfection of Your presence in the Garden of Eden or in heaven to come. We deal with things we weren't meant to deal with and carry things we weren't meant to carry. We confess that in our pride we don't always admit our brokenness. But today, Lord, we stand honest before You. We need Your healing touch. We genuinely desire to be healed and agree to partner with You on the healing journey toward restoration. And if there is anything in our lives that we don't recognize as needing Your healing touch, please reveal it to us and give us the courage to bring it to You and trust You with it too. Thank You that You are loving, merciful, powerful, faithful, and worthy of our trust. And if we do not see the healing we expect, keep our faith in You strong, knowing that there is purpose in our pain, and You promise deliverance and healing—the ultimate healing—someday with You in heaven for those that believe. Thank You, and we love You. In Jesus' name, Amen.

### Luke 8:47-48 (NLT)

## Key Scriptures

Then the woman, seeing that she could not go unnoticed, came trembling and fell at his feet. In the presence of all the people, she told why she had touched him and how she had been instantly healed. Then he said to her, "Daughter, your faith has healed you. Go in peace."

### John 5:1-6 (NLT)

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda<sup>[a]</sup> and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

### Isaiah 53:5 (NIV)

But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

### Psalms 147:3 (NIV)

He heals the brokenhearted and binds up their wounds.

### James 5:16 (NLT)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.