

Anna (Johnson) Wiggins

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

Ecclesiastes 4:9–12 (ESV)

- Mark 2:1–12 (ESV)

Life in Small Groups helps us heal from _____.

- James 5:16 (ESV) - Galatians 6:1-2 (ESV)

Life in Small Groups helps heal our _____.

- 2 Corinthians 1:3–4 (ESV)

We are _____ to offer comfort.

- Romans 12:15 (ESV)

Shared joy is a _____ joy; shared sorrow is _____ a sorrow.

Big Idea: Healing isn't found alone because healing isn't for you alone.

Life in Small Groups helps heal our _____.

When brokenness makes us feel unfit for relationships, relationships are the very place we find our healing.

- Mark 5:24b–34 (ESV)

Your Thoughts: _____

Growing in Healing

Discuss and Apply

Use the following questions to help you formulate age-appropriate questions to stimulate meaningful conversations. Please share your ideas and experiences with us at connect@manna.church.

1. **What is the Holy Spirit saying to me through this message?**
 2. **Reflect on your fondest “small group” memory.**
 3. **Reflect on your least favorite “small group” memory.**
 4. **Can you see God’s hand at work in your small group experience?**
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Prayer

Heavenly Father, thank You calling me into relationship with other believers. Help me to lower my guard and open the circle for those I need in my life. Lord, I ask that you heal my fears, and past hurts that I might trust others and share in a Life-Giving community.

Lord, forgive me for the sin of isolation – help me to lift the burdens of those around me. Help me to listen and value others as I receive your healing and restoration in my life. Guide me this week as I consider the group(s) you are calling me to participate in.

At Manna We Believe

...Life change happens in the context of relationships. That is why Small Groups are the lifeblood of Manna Church Sanford. In fact, everything you experience here at Manna takes place in the within a Small Group.

When you join a Small Group, you will:

- **DISCOVER** the delight of true friendship as you engage in life-changing discipleship.
- **DEVELOP** your God given talents and gifts while building a life-giving community, brotherhood, sisterhood, tribe.
- **DEPLOY** those talents and gifts while reaching out to the community showing the love of Jesus in practical ways as we fulfill our Mission to Change the World.