

THE HEALER

PERSONAL REFLECTION GUIDE



WEEK 1

Take a few minutes to release any burdens from the day. Perhaps it's by simply slowing your breathing, maybe it's visualizing laying your burdens at the feet of Jesus. When you are ready, begin your time by asking God to help you be real with yourself and him in this moment.

As you consider your own areas of pain or brokenness, where have you stood in your own way of experiencing Jesus' healing? Fight any feelings of shame or condemnation; rather, with simple honesty, bring this area of your life before Jesus, confessing it to him. Ask God for his love to wash over you, and for his strength to grow your faith. Pray, "I believe; help my unbelief" over this particular area, and trust God that he will be with you in that prayer. Consider, also, any areas where God may be telling you, "My grace is sufficient for you. My power is made perfect in your weakness." Ask him for more grace, and more power to trust him. As you close your time, ask God to tangibly remind you of his love for you, sharing with the group what this experience was like, if you feel comfortable.