

THE HEALER

PERSONAL REFLECTION GUIDE



WEEK 9

Spend a few minutes slowing down, releasing any burdens from your day. Invite Jesus into this time, asking him to help you have eyes to see yourself (and him) more clearly during this time. As you reflect on your personal healing, ask God to reveal times when he has healed you physically, emotionally or spiritually. Thank him for those times he has healed you, and ask him for the faith and courage to pray diligently for anything you may need healing from today. Next, ask God if there is anything you need to do to cooperate in his healing work in your life (confessing sin, letting go of bitterness or resentment, asking others for forgiveness, etc). Finally, ask God to reveal to you anyone in your life you need to forgive right now. Ask God to give you his forgiveness for them and to lead you in the healing process. Close your time by thanking him, writing your reflections in the space below, and sharing with your community group if you feel comfortable.