

## Week 2 – Two Aspects of Healing

Video Introduction:

**Scripture: Mark 2:1-12**

**Making Deeper Connections to the Bible**

Video Notes:

Discussion Session #1

- What did you hear that you have not heard before?
- Which do you think meant more to the man healed, forgiveness of sins or the ability to walk?
  - o Do you think he would have expected both?
- When we come to Jesus, how often are we seeking him to meet our spiritual needs versus our physical or material needs?
  - o Do we expect him to meet both?

**Connecting the Bible to life.**

Video Notes:

Discussion Session #2

- Psychologists studying forgiveness (receiving and extending) have found that forgiveness and reconciliation reduce sadness, anger, guilt, and shame – while increasing hope and more positive emotions.
  - o In our own life experiences, does this seem logical?
- Is Jesus' professed authority to forgive and heal really something we can believe in?
  - o Knowing and feeling forgiveness can often be in conflict with one another. How might we experience forgiveness?
  - o Is forgiveness a physical or only emotional experience?

**Over the next Week**

Read Revelation 21:1-4

- Healing can come in a variety of forms: physical, spiritual, mental, social, etc.
  - o Develop a short list of the type of healing you think the people in your church most need to experience? Your community? Your family? Yourself?
- Offer a short prayer each day this week for healing using the list you prepared