

Week 5: Healing

Icebreaker

Ask everyone to think of a personal strength or weakness to share with the group, and take turns to share these with each other.

Watch

Watch the introductory video together and consider the following concepts:

1. Becoming strong at the broken places
2. God knows everything that happens to us
3. His grace is sufficient for every need
4. God turns setbacks to springboards
5. God deepens spiritual qualities and characteristics

Memory verse

Read the week's verse (2 Cor. 12:9) aloud as a group and then ask group members to share what it means to them.

Discuss

1. What aspects of the Sunday message ('Strong at the broken places') struck you the most and why? (You could refer back to your notes in the *Daily Guide*.)
2. This week you were introduced to the idea of the world of infirmities. What are your thoughts about this and the concept of psychosomatic sickness? (See Heb. 4:15.)
3. We are thinking through the Paraclesis 'coming alongside' concept, and the idea of 'Journeying Together'. In this context, discuss together the premise, 'Journeying is the strong bearing the infirmities of the weak' (Rom. 15:1).
4. Talk through the ideas of a broken place, a pool of pain, a wounded spirit and a grace scar.
5. Chuck Girard, an American gospel singer, wrote: 'Don't shoot the wounded, someday you might be one' (Week 5: Monday). What do you think he meant? Annie Dillard said that 'Maybe we ought to hand people safety helmets rather than hymnals when they arrive for worship!'. What might have been in her mind? (See 1 Cor. 1:10.)
6. J.B. Phillips says, 'Be careful that none of you fails to respond to the grace that God gives, for if he does, there can very easily spring up in him a bitter spirit which is not only bad in

itself, but can also poison the lives of many others.’ Discuss the idea that once we become a victim of unresolved pain we then become an agent of passing on the pain to others.

7. Think through the difference of sustaining grace and strengthening grace. Consider the illustration of the wheelchair marathon participant (Week 5: Tuesday).

8. In thinking about debt and forgiveness – ‘to forgive as we have been forgiven’ (Col. 3:13) – look together at the parable Jesus told of the king and his servant in Matthew 18:23—35.

Do:

This week, the **Tips for journeying together** in the *Daily Guide* have been focused on choosing the best words to use. Share together how you have been getting on with the tips this week and which ones have been most useful.

Next as a whole group or in pairs, discuss any entries made in your **Daily Journal** that you think will be helpful to others and reflect on them together. How has your **Journeying Together Action Plan** with both people in your church family and in your local communities progressed this week? Has anyone received any responses to their wristband?

If your group has a **Kindness Box**, ask members to share whether they achieved their act of kindness in the last week and encourage everyone to take another kindness card for the week ahead.