

Names of God: Healer

Open The Conversation: What's your favorite warm beverage?

Key Scripture: Read the following together.

*"If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals you."
Exodus 15:26*

1. What does this scripture tell me about me?
2. What does this scripture tell me about God?

Start Sharing: Choose one question to start the conversation, move onto others if time allows.

- What areas of your life have you been trying to "fix" in your own strength instead of allowing Jesus to heal first? (Emotionally, spiritually, physically, or relationally—where might you be doing the right things with misalignment?)
- Is there a past hurt, failure, or wound that you have allowed to define your confidence or decisions? What would it look like to truly believe that Jesus has blotted it out and wants to bring healing to that area?
- When you feel weary, stressed, or emotionally overwhelmed, do you tend to follow your feelings or seek the Lord's voice? How might your decisions change if you allowed Jesus to restore your soul before taking action?
- In the story of the ten lepers, all were healed, but only one returned to Jesus. What do you think gratitude reveals about our faith, and how can gratitude position us for deeper healing and relationship with Jesus?

Start Praying: Pray together and for one another.

"God, we look to You as the healer of ALL things. Today we turn to you instead of our own understanding and effort. You are the provider of everything good. We trust You! Amen."