

FOLLOW CAMPAIGN • Week 3 • Learning to Heal

SERMON SUMMARY

Healing is not a side-note in the ministry of Jesus—it is central. Throughout the Gospels, Jesus doesn't only forgive sin or teach truth; He restores people to wholeness. Scripture often uses the same word for *saved* and *healed* (Greek: *sōzō*), reminding us that God's desire is not merely relief from pain, but deep restoration—**nothing missing, nothing broken**.

Many wounds we carry are invisible: grief, shame, betrayal, fear, or unprocessed pain. These wounds don't stay private; they shape how we relate to God, ourselves, and others. Jesus often heals what we don't even think to ask for, because He sees beneath the surface and heals from the inside out.

As followers of Jesus, healing is something we receive and something we participate in. When Jesus brings healing to us, we are invited to become people who bring compassion, presence, and hope to others. At Aurora, this is part of how we Grow in Christ and Go embodying grace.

SMALL GROUP DISCUSSION

1. Start Here

- What spoke to you in this message?
- When you hear the word *healing*, what traditionally comes to mind first—physical, emotional, spiritual, or relational? Why do you think that is?

2. Scripture & Understanding

- The Bible often connects healing and salvation. How does this change the way you understand what Jesus offers His followers?
- Look up the following Scriptures: Matt 9:21-22 / Luke 8:36 / Luke 17:19 / Luke 7:50 / Acts 3:16. Each time the word *sozo* is used. We see repentance + restoration = wholeness. See Psalm 103:2-4.

3. Personal Reflection

- Are there areas in your life where you've learned to cope or survive rather than heal? What might it look like to invite Jesus into those places?

4. Living It Out

- Jesus often healed through presence, compassion, and relationship. Who might God be inviting you to walk alongside this week? Write down a name. Text them asap and ask to meet.

5. Follow This Week

- As you read *Follow* this week, where do you sense Jesus inviting you to move from information to transformation? What is **one intentional step** toward healing (*sozo*) you can take?

