

# Small Group Study Guide

## ICE BREAK

- How challenging is it for you to stop, take time off, disconnect?
- Are you busier or less busy than 10 years ago? Why is that true? What pushes you internally to be **busy**?

## STUDY

This week we focus on the power and priorities of Jesus as healer of physical and spiritual ailments.

What did you hear in this week's sermon that was new about the power of lies and truth?

### 1. Mark 1:35-39 "This is why I have come"

- a. Why did Jesus leave the opportunity to help the crowds? How surprised are you at that?
- b. He goes off to spend time alone with God, i.e. instead of doing more miracles? How does that make sense to you?
- c. Have you ever had something so compelling as healing to keep you from being with God?  
(15 Minutes: 1% of your day)

### 2. Mark 1:40-41 "Jesus became indignant-at sickness/suffering":

- a. What tends to frustrate/anger you? How can we become more angry at the right things in life/relationships?

### 3. Mark 2:1-12 "Jesus heals the paralyzed man"

- a. His friends brought him to Jesus. Who has helped you to come and remain with Jesus?

b. He forgives his sins, first, instead of healing him physically. How does it make sense that God does not do everything we ask?

- c. When has God helped you or resolved something in a way you did not ask?

d. "Suffering often drives us to the feet of Jesus".

e. Explain why suffering may not be our biggest problem to resolve.

f. How was forgiving more difficult for Jesus?

### 4. Mark 2:13-17 "Jesus: Doctor for the sick"

- a. How would life be different if we saw Jesus more as a doctor than a judge?
- b. How do you often view people as a judge rather than a doctor?
- c. Which role has God, in reality, assigned you in life? Talk about someone who has been your healer and also someone you helped heal.
- d. **Mark 2:28 "Lord of Sabbath/Rest"**
- e. Describe your personal Rest in Jesus Alone.

## REFLECT

- What/Who keeps you centered on the vital/essential instead of just the good?

## PRAY

- Pray for each other's spiritual and physical needs in Christ and your role as healers.
- Follow up on past prayer requests.
- Pray for the mission God has given each of us to live out daily.