

See Exodus 15:22-26

## 1. God is the <u>HEALER</u> and I am <u>POWERLESS</u>.

Let all that I am praise the LORD; may I never forget the good things he does for me. He forgives all my sins and heals all my diseases. Psalms 103:2-3 (NLT)

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Isaiah 55:1 (NIV)

## 2. God heals in His WAY and in His TIME.

So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it into the water, and this made the water good to drink. Exodus 15:25 (NLT)

Moved with compassion, Jesus reached out and touched him. "I am willing," he said. "Be healed!" Instantly the leprosy disappeared, and the man was healed. Mark 1:41-42 (NLT)

When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven." Mark 2:5 (NIV)

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? Mark 8:36-37 (NLT)



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## **DISCUSSION QUESTIONS**

[CONNECT] Over the last few weeks, we've been looking at the many names of God. Names are important. Whenever someone says the name of a person we know, we automatically connect what we know about them to their name. Consider the following names, what do you think of when you hear his or her name?

1. Stallone 3. Elon 2. Adele 4. Bezos

[ENGAGE] What stood out to you from this weekend's message?

[GROW] God is Jehovah-Rapha, our healer. Not just physically, but also mentally, emotionally, relationally, financially, but most important of all...spiritually. In Hebrew, the word Rapha means to "heal" or to "restore". What is one area in your life where you need Jehovah-Rapha, God our healer.

Do you know where the word "heal" comes from? Thousands of years ago, whenever the fabric of a garment began to wear thin, they would tie the material up at the top, and hang heavy rocks at the bottom to stretch it out and weigh it down straight. Then, they would remove the bad threading, and repair it, or "heal" it with new healthy threading. It was actually called "healing" the garment. It's a beautiful picture of what God does with us. Name a time in your life where God was Rapha for you.

Read Exodus 15:22-26. Discuss how you would have felt being freed from slavery, seeing God perform miracle after miracle, only to find yourself in a hot, dry desert with no water.

Think about your past. Where has God been Rapha in some of your own "desert" places?

God is the HEALER and I am POWERLESS. What are some situations where you needed healing, but felt absolutely powerless in the situation?

Vs. 25 says, "Moses cried out to the Lord". When is the last time you've cried out to the Lord for Him to:

- Heal my marriage...before they leave me
- Heal my mind...before I go crazy
- Heal my heart...because the pain is too great
- Heal my addiction...before I lose everything
- Forgive my sins...before I die, eternally separated from you

Read and discuss Isaiah 55:1 (NIV) "Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost." Whatever your dry and desert place is today, that place that needs healing from our God, that place you feel powerless, He is Rapha for you today. He's inviting you to draw close to him for your healing. If you cry out to him like Moses did for the Israelites, He will answer.

God heals in His WAY and in His TIME. This is where it gets hard. We want things our way in our time. What area of your life have you lost some trust in God because he didn't "heal" or answer your prayer on YOUR time?

The ultimate healing from God as Rapha is when He heals our souls. If God never healed any other area of our lives, healing and restoring our soul is enough. In the two stories of Jesus healing the leper (Mark 1), and the paralytic (Mark 2), Jesus began by healing their souls first. Which is the greater healing...the physical or the spiritual?

[LEAD (YOURSELF)] Jesus came and went to the cross to bring healing to you and me, in every arena of life. Where we are powerLESS, He is powerFUL. Where we are broken, he brings restoration. Where we are wounded... he brings healing. In His time and in His way... He sets right the deepest places in us... our heart and soul.



