

## Message-based Study

Video is available online at: [visitccc.com](http://visitccc.com)

### Connection

Share about someone in your life you are praying will be healed.

### Cheer and Challenge

- How did it go living out your "I will..." statement from last week? Share your experience.
- Tell about any experiences you had this week following through on the B.L.E.S.S. challenge.

### Content

#### ***JEHOVAH RAPHA: "The LORD who Heals"***

***God steps into our biggest hurts and pain and begins to bring what we desperately need - healing. As humans, we are a quagmire of complexity: physical, spiritual, mental, emotional. And each part affects the other. While physical healing often follows a prescribed path, emotional healing often does not.***

#### **1. WHEN LIFE DOESN'T TASTE GOOD - Exodus 15:22-24**

In the desert the Israelites faced a desperate dilemma. "What are we going to drink?" they asked. Before this scene they had just passed through the Red Sea. The Lord had made a way where there seemed to be no way. Yet now they faced another impossibility - the only water available was bitter, undrinkable.

In what area of your life is there bitterness right now perhaps the form of grief, discouragement, anxiety, fear, or emotional pain?

"How can I quench this pain where there is only bitterness?" you may be asking. Like the Israelites, **we doubt what God can do because we forget what God has done.** What events from your past would be good for you to remember as you face your current circumstances?

#### **2. WHEN GOD SHOWS UP - Exodus 15:25-26**

Having resolved their desperate need, God then disclosed one of His previously unknown names:

### 3. **WHEN ABUNDANCE FLOWS - Exodus 15:27**

When the Israelites were in Marah they had no idea Elim was around the bend. As life-giving as the springs were, even more valuable was what they now knew about God. Is there a valuable truth you've been learning as you've struggled through your bitter situation? Describe it.

### 4. **JESUS AS THE HEALER - Isaiah 53:5**

Jesus is the "Great Physician". We see it over and over in the Gospel accounts of His life - He touched and healed wherever He went. But His ultimate purpose was much bigger. Read Mark 2:13-17. "Healing" in the Bible is most often discussed in the context of sin. Jesus redeems what we regret, restores it, and turns it around.

Finding healing from our sin patterns and brokenness involves: **Honesty + Humility + Help**. Is there a need for you to give more attention to one of these in your life? Write your thoughts here.

### **Commitment**

When facing the bitterness life brings, you don't have to be immobilized. God is your doctor and has written instructions for you on the prescription pad of the Bible. The Holy Spirit, as the pharmacist, interprets for you what is written and tells you how to apply it to your place of pain. Ask the Lord which of the action steps below would be a life-giving remedy for where your pain currently is. Meditate on the accompanying verse to flesh out a plan.

- Pray (James 5:13)
- Confess (I John 1:9)
- Refuse (Romans 6:6)
- Forgive (Ephesians 4:32)
- Capture (II Corinthians 10:5)
- Abide (John 15:5)
- See (Isaiah 54:10)

I will \_\_\_\_\_ .