

Leaders Notes – Session 1

Title:- **Why Healing Today?**



Introduction: Over the next nine weeks we are going to be looking at different aspects of Christian healing. First part of sessions will be a mixture of teaching and discussion. Final part will be actual praying and ministering to each other, to build up our confidence and sensitivity.

Discussion: What is healing? (Feedback on flipchart)

Quote:- “Healing is God restoring a person to a position of wholeness in body, mind and spirit through His direct and purposeful action.”

Important focus of quote is that it focuses on wholeness. The idea of wholeness can be seen as :-

Bringing balance back to body, mind or spirit.

Setting people free from sickness and disease.

Releasing those things that stop the potential of a person being realized.

Salvation is a form of the most deepest healing.

As God’s people we must be about the health of the whole person if we are to truly share in the ministry of our Saviour Jesus.

Discussion: Why should we practice healing prayer today? (Feedback on overhead.)

It is important with anything we do as Christians that we know why we do something from a biblical point of view.

Reasons to believe and practice healing prayer today:-

Teaching Point 1 - God reveals Himself as a healing God.

Both in the Old and New Testaments God reveals Himself as the God who heals. (**READ** Exodus 15 v 26) Within the Old Testament covenant promises we the provision for healing for the people of God. This idea is centered not only on healing but keeping His people free from diseases and conditions on the promise that the Lord’s people remain continually obedient.

One of the names that God gives Himself actually means the God who heals. Yahweh – Rapha – means the Lord who heals. Rapha means to mend or cure. What this name declares is that it is the very nature of God to heal those who obey His word – to recover to health – to even sustain in health. His desire is to set people free from suffering and pain. There are many promises with the bible that promise us such things as:- God’s guidance and protection. His generous provision and the release of healing and wholeness. We see that not only did God’s people actively pray for healing, which means they believed that God would answer, but they actually saw it happen.

What the Bible Says: -

Examples of healing in Old Testament:- 2 Kings 5 v 1 – 15, Psalm 30 v 1 – 3, Numbers 12 v 9 – 15.

We see that God not only reveals Himself as a God who heals but actually does it a number of times in the Old Testament. For most Christians there is a belief that God **can** heal, but the struggle is to believe that God **Will** heal. This is often where our faith is lacking.

Discussion: When God obviously show Himself to be a God who heals why do we struggle so much to believe He will do? (feedback on flipchart.)
How do you think we can overcome these doubts and stumbling blocks to healing?

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