

The Pray More Healing Retreat Study Guide

Standing With the Suffering: Showing Up with Ashley Stevens

Reflective Questions

“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.” – Ecclesiastes 4:9-10

1. What fears keep you from showing up to support your loved ones? Distance? Being emotional or seeing someone differently? Not knowing what to say?
2. When was a time that someone showing up for you helped you through your suffering?
3. Reflect on the story of the woman at the well who Jesus encounters (John 4). He could have been silent or afraid of the awkwardness of the situation, but instead He comforts her in her suffering by letting her know she isn't alone.
4. Ashley ended with a poignant question: who are you being called to show up for today? How can serve someone in your life who is suffering by putting away the awkwardness and simply showing up?