

The Pray More Healing Retreat Study Guide

Uniting Our Suffering to Jesus to Find Healing with Dr. Bob Schuchts

Reflective Questions

“Jesus said, ‘Father, forgive them, they know not what they do.’”

- Luke 23:34

1. Jesus experienced the same suffering and woundedness that we experience. Think of the many physical, mental, and emotional sufferings of Christ during His time on earth. In what moments of His life, Passion, and death was His suffering relatable to the pain you are experiencing now?
2. Suffering caused by others in our lives can be much more damaging for us if we allow it to rob us of our true identity as sons and daughters of God. How have you let the sufferings that others have caused in your life influence the way you think about yourself? Have you allowed it to become part of your identity? How can you strengthen your sense of identity as a son or daughter of Christ?
3. We can combat suffering in our lives by forgiving, as Jesus forgave His persecutors from the Cross. Who do you need to forgive for hurting you in your life?
4. We often hold judgments toward those who have hurt us, as a way of distancing ourselves from the pain they have caused us. What judgments have you been holding toward those in your life who have hurt you? Ask the Holy Spirit to show you the truth, to help you forgive, and to release the burdens you have been carrying from this situation.