

The Pray More Healing Retreat Study Guide

God's Secret Weapon for Healing: Forgiveness with Dr. Mary Healy

Reflective Questions

“There are many kinds of alms, the giving of which helps us to obtain pardon for our sins; but none is greater than that by which we forgive from our heart a sin that someone has committed against us.”

— St. Augustine

1. One of the most common obstacles to a person being healed is unforgiveness, holding on to a resentment for some hurt from the past. It can hinder the healing power of Christ. Have you experienced this in your life or in the life of someone close to you? How have you noticed unforgiveness being an obstacle on the path of healing?

2. Mary shares that when we actively choose and will ourselves to forgive someone who has hurt us, we may not necessarily feel better — or feel like forgiving, but that what matters most to the Lord is that we actively are choosing to forgive. It is an act - a choice - and not a feeling. So while you cannot always choose or control your emotions, you can choose to forgive. Is there someone you can choose to forgive today or this week or sometime throughout this retreat? How can you commit to this choice?

3. The woman who was healed from her hemorrhage wanted to give glory to God, and so she shared her healing with others. Have you shared good or beautiful things that the Lord has done in your life with others? How could you do more of that? Do you think there's one thing that He has done for you that He might want others to know more about?

4. Mary explains that sometimes it can be hard to forgive someone when we, ourselves, have not let ourselves receive God's forgiveness — or someone else's forgiveness. Has this ever been true for you?

5. Forgiveness can make way for something unexpectedly beautiful. Have you ever experienced something like this in your life or in one of your relationships?