

The Pray More Healing Retreat Study Guide

The Lord is Our Healer with Dr. Mary Healy

Reflective Questions

“I, the Lord, am your healer” — Exodus 15:26

1. The Lord has many different titles. How do you see the Lord as a healer in your life or in the lives of others who are close to you?
2. Dr. Mary explains that the people of Israel didn't always experience the healing nature of God because they often rebelled against Him, turned away from Him, or worshipped false gods. Have you ever noticed yourself turning away from Him when you knew then — or now — that you needed Him more than anything else?
3. The healings Jesus performed during His life on earth convinced, confirmed and verified, that the Good News is really true. Jesus' healings convinced the hearts of people who were so weighed down and oppressed that Jesus had come to save them from eternal death. While we may not often see or be aware of Jesus' miraculous healings today, we can look back and remember what He has already done for us. How can you remember the miracles Jesus performed and what do you think Jesus would want you to remember about those healings? What do you think He wants you to know about how He wants to heal you today?
4. Jesus ultimately came to heal the deepest wound of all, which is sin. How do you think He wants to work with you right now, with your sins, and bring healing into those wounds?
5. When the leper approached Jesus, he said, “If You will, You can make me clean.” This shows us how we should always approach Jesus, ultimately seeking His will — both in our healing and in every other aspect of our lives. How can you incorporate seeking God's will more into your prayer life?

6. We know that Jesus can heal, but sometimes we might struggle with doubt. Where are you on this spectrum — do you believe without a shadow of a doubt that Jesus wants to heal you or do you struggle to believe that?

7. Jesus had a gut-wrenching compassion for the leper. He has the same compassion for you. We need to allow ourselves to see this gaze of Jesus' love for us. Have you felt His compassion before? How can you allow yourself to receive Jesus' love in this season? Do you have a few minutes that you can give to Him in adoration (even online, virtual adoration) where you can let Him gaze at you with His love?

8. Jesus wants us to give Him our problems, our wounds, our sins, the effects of sin in our lives. He will give us His divine life in exchange — He asks that we will be generous receivers. How can you be a more generous receiver of what Jesus wants to give you?

9. Jesus desires for us to thank Him when we have been helped by Him, comforted or relieved by Him. What prayer of thanksgiving can you offer Him today?