1. **An urgent need for physical healing**

   a) Mark 2:1-4 What impresses you as you listen to this story?

   b) What need for healing is most obvious here?

   c) Share a time when you experienced a major health challenge. Who was a revelation of God's love and care during that difficult time?

2. **Spiritual healing**

   a) Mark 2:5 What can we learn from the words of Jesus when the paralytic was laid at His feet?

   b) How did the paralytic respond? (surrender, then obedience – Mark 2:12)

   c) Share your testimony of a time when you needed spiritual healing.

3. **Healing from depression**

   a) Elijah:

   i) 1 Kings 19:1-4 What are some factors that might have brought Elijah to such a depressed mental state?

   ii) What encouragement do you find in the response of the LORD to Elijah's desperate prayer? 1 Kings 19:5-8, 9-18 (see also 2 Kings 2:11)

   b) Invalid at the Pool of Bethesda

   i) John 5:2,5-7 What does the response of this invalid at the Pool of Bethesda reveal about his mental condition?

   ii) How did Jesus respond? v.8

   c) In both stories, there is no condemnation. Why is it important to recognize God's love and acceptance when we are struggling with anxiety or depression?

   d) Share some Bible passages that offer encouragement during a time of anxiety or depression. Psalm 50:15, Lamentations 3:22-26, Philippians 4:6-7, etc.

4. **Hindrances to personal healing**

   a) People – Mark 2:6-11 (see also Luke 18:35-39) What are some other ways people might hinder our path to personal healing?

   b) Refusal to have faith – Mark 2:5, 5:34, Luke 18:42 How much faith is necessary to experience the personal healing God's desires for us?

   c) Guilt – "It's my fault. This sickness is the result of my own poor choices." How would you respond?

   d) Ignorance – How can we help people become aware of the fact that God is willing and able to make them whole?

   e) How can we stay open to God's will as we cry out for healing, for ourselves or someone we love? Luke 22:42, 2 Corinthians 12:7-10

   f) Share a testimony of personal healing.

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