

# Healing Stories

By Chip Borgstadt



Jesus went about healing people to announce the reign of God. Consider the power of God's promise of healing in your own life.

## For

Adult/Couple

## Season

Spring

## Needed

Bible, Internet-connected device, willingness to find something in common with a person from the Bible



by [paul bica](#)

## Activity Plan

1. Say this prayer aloud to begin:

*God, when you touch the lives of your people, we are never the same. Touch us through your Word and help us to know you better. Amen.*

2. List the healing stories you remember from the Gospels—stories where Jesus and his disciples brought healing to people. If you need help, check out the chart at [New Testament Miracle Stories](#).
3. Choose several of the following passages to read from your Bible or the text at the end of this activity:
  - Proverbs 4:20-22
  - Exodus 15:26
  - Psalm 107:19-21
  - Exodus 23:25
  - Psalm 30:2
  - Isaiah 53:4-5
  - Proverbs 17:22
  - Psalm 103:2-5
  - Psalm 91:3-4
4. Considering the New and Old Testament writings and your own experience, how do you define the word *healing*? What difference do you perceive between *healing* and *cure*? What connections can you make between faith and healing in the following types of suffering:
  - Physical infirmities
  - Mental health issues
  - Spiritual cares
  - Relational difficulties
5. If you are comfortable doing so, tell about your own experiences with healing and faith.
6. Pray together, offering petitions for healing for yourselves or those you know and giving thanks for the healing and wholeness only God can provide.



**Proverbs 4:20-22**

My son, be attentive to my words; incline your ear to my sayings.

<sup>21</sup> Let them not escape from your sight; keep them within your heart.

<sup>22</sup> For they are life to those who find them, and healing to all their flesh.

**Exodus 15:26**

<sup>26</sup> saying, "If you will diligently listen to the voice of the Lord your God, and do that which is right in his eyes, and give ear to his commandments and keep all his statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the Lord, your healer."

**Psalm 107:19-21**

<sup>19</sup> Then they cried to the Lord in their trouble, and he delivered them from their distress.

<sup>20</sup> He sent out his word and healed them, and delivered them from their destruction.

<sup>21</sup> Let them thank the Lord for his steadfast love, for his wondrous works to the children of man!

**Exodus 23:25**

<sup>25</sup> You shall serve the Lord your God, and he will bless your bread and your water, and I will take sickness away from among you.

**Psalm 30:2**

<sup>2</sup> O Lord my God, I cried to you for help, and you have healed me.

**Isaiah 53:4-5**

<sup>4</sup> Surely he has borne our griefs and carried our sorrows;  
yet we esteemed him stricken, smitten by God, and afflicted.

<sup>5</sup> But he was pierced for our transgressions; he was crushed for our iniquities;  
upon him was the chastisement that brought us peace, and with his wounds we are healed.

**Proverbs 17:22**

<sup>22</sup> A joyful heart is good medicine, but a crushed spirit dries up the bones.

**Psalm 103:2-5**

<sup>2</sup> Bless the Lord, O my soul, and forget not all his benefits,

<sup>3</sup> who forgives all your iniquity, who heals all your diseases,

<sup>4</sup> who redeems your life from the pit, who crowns you with steadfast love and mercy,

<sup>5</sup> who satisfies you with good so that your youth is renewed like the eagle's.

**Psalm 91:3-4**

<sup>3</sup> For he will deliver you from the snare of the fowler and from the deadly pestilence.

<sup>4</sup> He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

