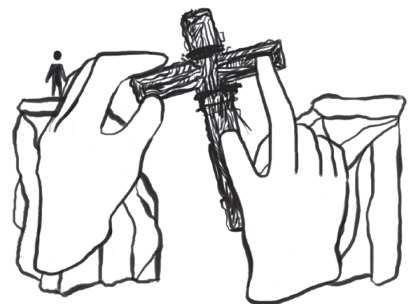
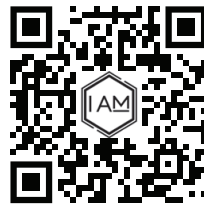


Session 9

HEALING

DOES JESUS CARE ABOUT MY HEALTH?



Reflect

Have you ever been really sick?
How did you become well again?

In the future world that God has planned for us, there will be no more pain or suffering or death. This demonstrates that God really cares about our health and does not want us to struggle with pain and disease. God also has the supernatural power to miraculously heal us:

- "For I am the Lord who heals you." Exodus 15:26
- "He forgives all my sins and heals all my diseases." Psalms 103:3

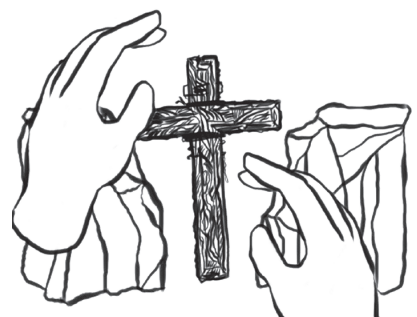
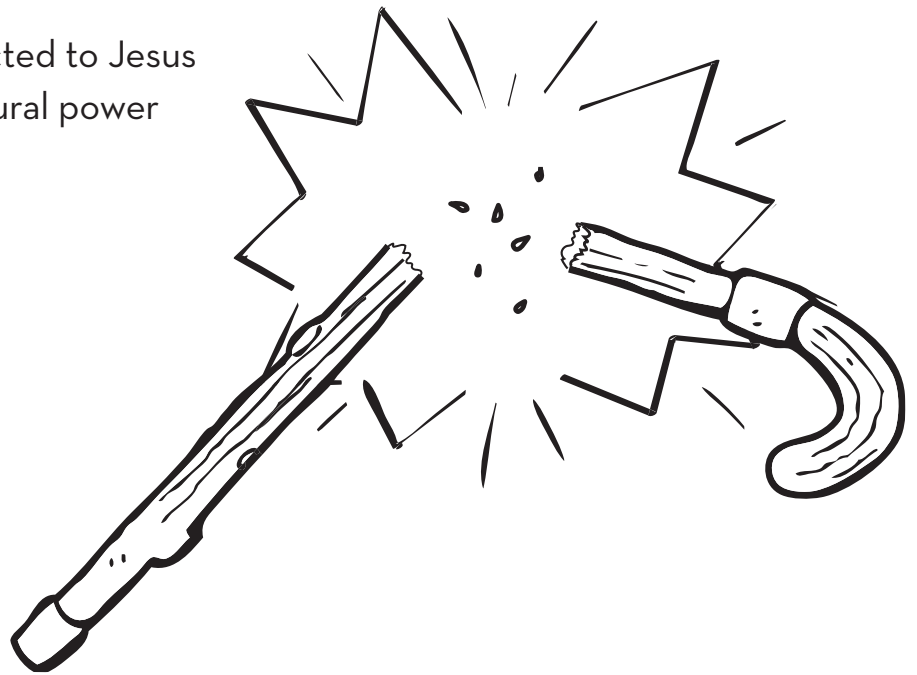


Jesus' Supernatural Healing Ministry

Jesus healed many people supernaturally. Jesus spent more time healing people than He did teaching.

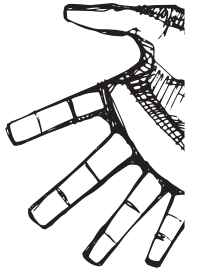
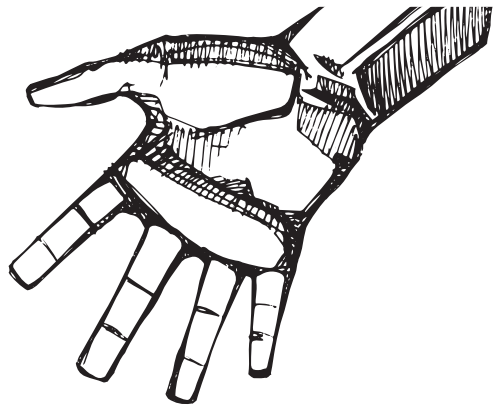
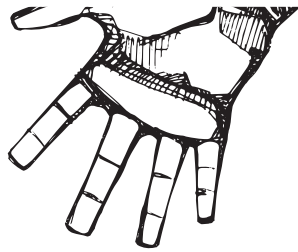
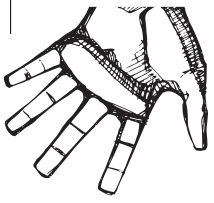
- Jesus' supernatural healing ministry was prophesied by Isaiah over 600 years before He was born. Isaiah 35:1-10
- He healed people who had highly contagious diseases like leprosy. Luke 5:12-16
- He healed people who had chronic diseases like being crippled, deaf, dumb and blind. Matthew 15:29-31
- He released people from the power of Satan. Luke 8:26-39
- He healed people on the Sabbath to free them from their pain and disease. John 5:1-17

Many people were attracted to Jesus because of His supernatural power to heal them.





YOU JESUS GOD



Joining Jesus' Healing Team

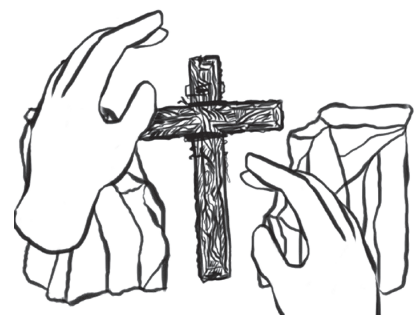
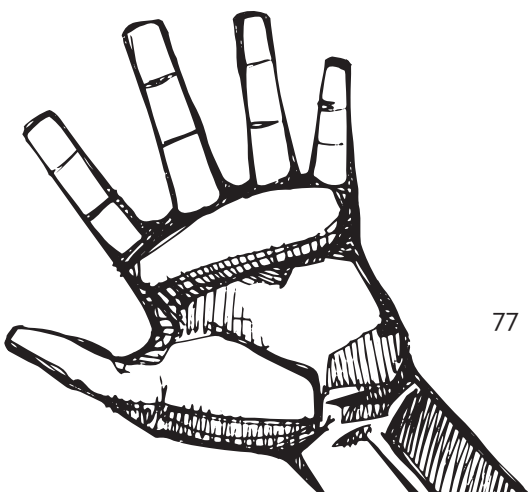
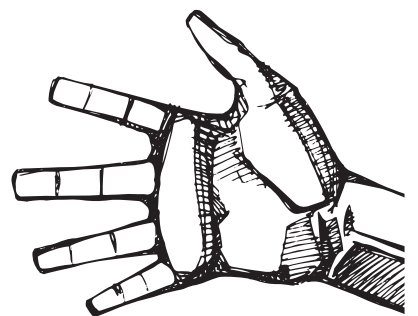
Jesus expanded His healing ministry by sending His followers out to also heal people. He told His followers, "Heal the sick, and tell them, 'The Kingdom of God is near you now.'" Luke 10:8

You can be part of Jesus' healing team in the following simple ways:

- Listen to people's worries and what causes them pain.
- Pray in faith for Jesus' healing power in their lives.
- Encourage them to trust God and put His health principles into practice.

Divine Health Principles

Jesus' healing ministry demonstrates that God created us and understands how our bodies work best. The Bible says, "You made all the delicate, inner parts of my body and knit me together in my mother's womb." Psalms 139:13



God's health principles can be summarised with the acronym CREATION:

Choice is the first step towards health and wellbeing.

Rest refreshes and rebuilds your mind, body and soul.

Environment influences our mood and our health.

Activity promotes a fit body and mind.

Trust in God is the key to unlock supernatural power in your life.

Interpersonal Relationships add to the quality of your life and lower your risk of disease.

Outlook impacts everything we think and do.

Nutrition is your fuel for life.



Real Talk

QUESTION ONE

What does Jesus' supernatural healing ministry tell you about the character of God?

QUESTION TWO

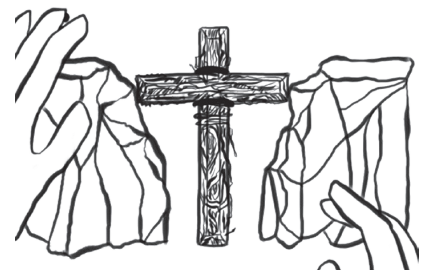
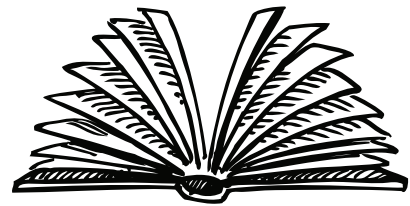
What ways would you like to be personally involved with Jesus in His healing ministry?

QUESTION THREE

In which areas of health would you like to improve personally?

Resources for further reading:

- The Ministry of Healing – Ellen White
- Divine Healing – Andrew Murray
- CREATION Health: God's 8 Principles for Living Life to the Fullest – Florida Hospital – Web: creationhealth.com



Reimagine Your Life

OPTION ONE

Share one of the best memories you have of getting out in nature.

OPTION TWO

Share one thing you would like to do this week to nourish your health.

OPTION THREE

Write down one simple action step that you would like to take this week to live a more vibrant, healthy life.

Next Step



Would you like to experience Jesus' healing power in your life and in the lives of the people around you?