

See Yourself through His Eyes

Session 4: You are Well

Hearts at Rest

Day 1

Read John 5:1-15

Who is the lame man? What are his characteristics? What do you think the past thirty-eight years of his life have been like?

Why does Jesus ask him if he wants to get well?

Do an inventory of your heart right now. In what areas are you sick? What wounds are you holding onto?

Read Exodus 16:22-27

Go back a few chapters and find out what happened to the Israelites prior to this point. What was the root of their bitterness?

Why is bitterness the most deadly disease?

Is there any lingering bitterness residing in your heart? What is the root? How has it made you into who you are today?

What is the lame man's excuse for not getting well?

What are your excuses for staying unwell?

Take some time and journal about your heart right now. Answer the question, "Do you want to get well?" What are the advantages of healing? What is the cost?

Day 2

Read Luke 13:10-16

What stands out to you about this story?

Describe this woman's life.

Read Jeremiah 6:14

In what ways do you look to “temporary treatments” for your wounds?

How is your posture these days? Are you able to stand up straight in the confidence of who you are in Christ, or do you feel weighed down, tired, and burdened?

What would standing up straight look like for you? How would you be different? What would you do standing up that you can't do buried with the weight you are carrying?

What does Jesus' encounter with this woman teach you about His plan for your life?

Day 3

Look up the following verses and write down what they say about healing.

Psalms 30:2-3

Psalms 107:19-20

Isaiah 53:5

Isaiah 58:1-11

Malachi 4:2

Hebrews 12:13

James 5:16

Summarize what these verses say about healing and your response to them.

Day 4

Read John 5:8 and Luke 13:12-13

What did healing cost the lame man and the bent-over woman?

How did their lives need to be re-arranged after they were healed?

What would have happened had they not re-arranged their lives?

What unhealthy habits have you formed?

Who are you surrounded by? Do the people in your life feed your bitterness or do they promote healing?

Read the following verses and write down the things you need to re-arrange in order to live as a healed woman.

Romans 12:2

Philippians 4:8

Colossians 3:1-10

1 Peter 1:13-15

1 Peter 2:1

Day 5

Read John 5:1-15 again

Pick one verse to meditate on today. Write it out.

Why did you pick this verse?

Is there any imagery in the verse?

What does the verse bring to mind about your life?

Are there any words you don't understand? Write them down and then look up their meanings either in a regular dictionary or on Biblegateway.com. What other verses have those words in them.

Does the verse bring up any questions in your heart?

Go to Biblegateway.com again. Look up the verse in different translations. Write out a few. What are the differences? Do you gain any new insight?

Day 6

Read Exodus 16:29

Why is the Sabbath a gift?

In what ways has the Sabbath been neglected in our culture? Why do you think this has happened?

How often do you give your heart a Sabbath? What does/would this look like?

You already read a portion of Isaiah 58. Read the rest of the chapter starting with verse 8.

Why is there such a close link between healing and Sabbath?

Why is Sabbath essential for healing?

Take some time and ask God to reveal to you what Sabbath should look like in your life. In what ways is your heart spinning right now, and what are the steps toward rest that He wants you to take?