



## Stone Mountain First United Methodist Church

5312 West Mountain Street  
Stone Mountain, Georgia, 30083  
Phone 770/469-9767

### Gathered in Grace February Bible Series Week 1—Healing February 4, 2026

#### Opening Prayer

Gracious and healing God,  
We come to You carrying what is seen and unseen—aches in our bodies, wounds in our spirits, burdens in our communities. As we gather in this season of Epiphany, open our eyes to see Your healing light at work among us. Prepare our hearts for the journey toward Lent, that we may be honest about our brokenness and hopeful about Your restoring love. Speak to us through Scripture, through one another, and through the quiet places of our hearts. In Jesus' name we pray. Amen.

#### Explanation of the Epiphany Season and the Weeks Leading Up to Lent

The season of **Epiphany** is about light—God making Himself known in the world through Jesus Christ. From the visit of the Magi to Jesus' early ministry, Epiphany invites us to notice how God's light breaks into ordinary life. Throughout these weeks, we see Jesus teaching, calling disciples, confronting injustice, and—again and again—bringing healing in various ways.

As Epiphany moves toward Lent, the focus subtly shifts. We are invited not only to witness what Jesus does, but to reflect on what needs to be revealed and restored in us. Pre-Lent is a transition season: we are not yet in the wilderness of Lent, but we are beginning to ask deeper questions. What is broken? What needs tending? What healing are we longing for as individuals, as a church, and as a world?

#### Today's Theme: Healing and the Many Ways God Restores

Healing in Scripture is rarely just about fixing a problem; it is about making whole. As we prepare for Lent—a season of repentance, reflection, and renewal—healing becomes both a gift we receive and a work God invites us into.

## Scriptures That Speak of Healing (NRSV)

- **Jeremiah 17:14**  
*“Heal me, O Lord, and I shall be healed; save me, and I shall be saved, for you are my praise.”*  
→ Healing begins with trust and surrender to God.
- **Psalms 6:2**  
*“Be gracious to me, O Lord, for I am languishing; O Lord, heal me, for my bones are shaking with terror.”*  
→ God welcomes our honest cries when we are overwhelmed.
- **Matthew 8:16**  
*“That evening they brought to him many who were possessed with demons; and he cast out the spirits with a word and cured all who were sick.”*  
→ Jesus’ healing is compassionate, abundant, and inclusive.
- **Luke 7:21–22**  
*“Jesus had just then cured many people of diseases, plagues, and evil spirits... the blind receive their sight, the lame walk, the lepers are cleansed.”*  
→ Healing is a sign of God’s kingdom breaking in.
- **Hosea 6:1**  
*“Come, let us return to the Lord; for it is he who has torn, and he will heal us.”*  
→ Healing is tied to repentance and returning to God.
- **Isaiah 57:18**  
*“I have seen their ways, but I will heal them; I will lead them and repay them with comfort.”*  
→ God’s healing is restorative, gentle, and full of mercy.

## Faith-Building Discussion Questions

1. When you hear the word *healing*, what comes to mind first—and why?
2. Which of these scriptures speaks most directly to your current season of life?
3. Where do you sense God inviting you to seek healing before Lent begins?
4. How might healing be something God wants to do through us for others?
5. What would it look like for our community to become a place of healing?
6. How can lessons from this study enhance the mission of the church?

## Daily Prayers (Feb. 5-Feb. 10)

### Thursday – Naming the Wound

*Prompt:* What pain or brokenness have you been avoiding naming?

*Prayer:* God, give me courage to be honest about where I hurt. Amen.

### Friday – Returning to God

*Prompt:* In what ways is God calling you to return—emotionally, spiritually, or relationally?

*Prayer:* Lord, draw me back to You with compassion, not fear. Amen.

**Saturday – Healing Through Community**

*Prompt:* Who has been part of your healing journey? Who might need you now?

*Prayer:* Thank You, God, for the people You use to bring wholeness. Amen.

**Sunday – Jesus the Healer**

*Prompt:* Imagine yourself among those Jesus healed. What do you bring to Him?

*Prayer:* Jesus, meet me where I am and restore me. Amen.

**Monday – Trusting the Process**

*Prompt:* Healing takes time. Where do you need patience?

*Prayer:* God, help me trust Your timing and Your care. Amen.

**Tuesday – Comfort for the Broken**

*Prompt:* How have you experienced God's comfort in difficult seasons?

*Prayer:* Lord, comfort me and help me comfort others. Amen.

## Closing Prayer

Healing God,

Thank You for meeting us in our honesty and our hope. As we move closer to Lent, help us carry a deeper awareness of what needs healing within us and around us. Give us the courage to return to You, the patience to trust Your work, and the compassion to be agents of healing in the world. Make us whole, that we may reflect Your love more fully. In the name of Jesus, the Great Healer, we pray. Amen.