



DELIVERED

Physical and Emotional Healing

The D-Cycle is a curriculum containing content designed to establish the scriptural foundations of the faith in the life of a believer.

VISION FOR PHYSICAL AND EMOTIONAL HEALING

Physical and Emotional Healing is the third point in the Delivered portion of the D-Cycle. Due to sin, we will experience emotional and physical pain on this side of eternity. God entered into our pain and suffering through Jesus who experienced all the hurt and temptation that we encounter. Jesus' death on the cross allows us to access healing for our physical and emotional pain.

Key Definitions

- **Physical and Emotional Healing:** restoration to wholeness by the blood of Jesus

HEAD

Summary of Points

1. Because we live in a fallen world (with sinful flesh and the devil), sickness and wounding are inevitable.
(Matthew 18:7, Luke 17:1)
2. Jesus enters our pain and suffering and heals us specifically and individually (John 11)
 - a. He ministered to Martha with words of truth and hope
 - b. He wept with Mary as she grieved
 - c. He raised Lazarus from the dead
3. Jesus continues to heal today and empowers his people to do so
(Acts 3-4:22, Acts 5:12-16, 1 Corinthians 12)

Lifegroup Scriptures

The Death of Lazarus

John 11:1-44

The Fulfillment of Isaiah's Prophecy

Matthew 8:14-17

D-Group Scriptures

When Jesus Saw Their
Faith

Matthew 9:1-8

Anti-Faith

Matthew 13:53-58

He Carried Our
Sickness

Isaiah 53:3-5

Discussion Methods

Below are two suggested methods for discussing Scripture.

Traditional DBS New Testament Letters	Inductive Bible Study Gospels, Acts, Old Testament Accounts
<ol style="list-style-type: none">1. What does this say about God?2. What does this say about me/people?3. What is my obedient response?	<ol style="list-style-type: none">1. Observation – What happened?2. Interpretation – What does it mean?3. Application – How can I obey?

HEART

Questions

1. As mentioned before, we will experience emotional and physical pain. What does it mean for us to invite Jesus to heal us?
2. Have there been any emotional or physical wounds that have become a part of your identity? (i.e. "I'm a Leo, so I have a bad back" or "Hi my name is John, and I have ADHD." etc.)

Lifegroup content ends here

HANDS

Discipleship Actions

1. Ask the Lord to reveal your heart to get an understanding of soul/spirit hurts that may be impacting your life.
2. Take inventory of your heart to see what your emotional state is.
 - a. Negative emotions: distress, fear, hate, anger, grief, shame, mistrust, rejection, depression, hopelessness, etc.
 - b. Positive emotions: love, joy, peace, patience, kindness, gentleness, hope, etc.
3. Be real with the Lord. Process any negative thoughts or emotions with Him. (Psalm 142). What complaints do you need to pour out to the Lord? Not all negative emotions are unhealthy or unjustified. Ask Him to give you insight on the source of your emotions.
4. Ask the Holy Spirit to reveal the specific memory that is a root cause of your negative emotion(s) that He wants to heal.
5. Invite Jesus into the specific memory if he is not already there.
6. Give your pain to Jesus. What do you see Jesus doing?
7. Do you want to go to the Father for healing?
8. Receive the Lord's healing for these hurts/wounds. Give Him plenty of time to bring His healing.
9. Talk with a trusted mentor and/or someone on church staff to help process these hurts

RESOURCES

Books

- [Dealing with the Rejection & Praise of Man](#) – Bob Sorge
- [How to Stop the Pain](#) – Jim Richards
- [The Bait of Satan](#) – John Bevere
- [Healing the Wounded Heart](#) – Dan Allender
- [Redeeming Heartache](#) – Dan Allender
- [Spiritual Slavery to Sonship](#) – Jack Frost