

Jumpstart: Health & Healing Life Steps | January 21 & 22, 2017

Monday

John 5:6-15

What did Jesus ask the paralytic to do? What was the result? If miracles are divine intervention AND human responsibility, what is your next action step toward healing?

Tuesday

Matthew 12:1-14

The religious folk of Jesus' day had strict rules about the Sabbath. Why does Jesus break these rules? Although not all rules are bad, name religious rules that are a barrier to healing. Pray, asking God to help you focus on people not rules.

Wednesday

1 Corinthians 6:12-20

When we say yes to Jesus, the Holy Spirit lives inside of us. Since our bodies are "temples of the Holy Spirit," what are you doing to take care of your body? What healthy habits can you pick up, and what unhealthy habits do you need to release? Make a plan to pick up one new healthy habit this week. Who are you inviting to join you in worship this weekend?

Thursday

Proverbs 3:1-12

Part of the pathway to healing is through the mind. What can help rid our lives of "stinking thinking"? What happens when we fill our minds with God's word? Revisit Proverbs 3:5-8 multiple times today.

Friday

Luke 17:11-19

Jesus is on his way to Jerusalem when he encounters ten men with a terrible skin disease. What do they want from Jesus? What does Jesus ask them to do? What happens with the one that returns? Think of times in your life when you forgot to thank God for simple healings.

Saturday

Psalms 103:1-5

What does this Psalm tell us about God? How are we to respond to God's healing? Rewrite Psalm 103 in your own words. Use it as a prayer. Pray for the person or family that you have invited to worship.

Sunday

2 Kings 5

Who was Naaman, and what did the prophet ask Naaman to do? Where do you need healing? What seemingly mundane thing is God asking you to do to experience healing in your life. Commit to it, and tell someone about it.