**BE HEALED LIFE GROUP LESSON: WEEK 6**

**BE HEALED TOGETHER**

***Memory Verse:***

(James 5:16 NIV) Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

“Our deepest wounds come from relationships, but so does our deepest healing.”

***Made for Community***

We were made for community. God designed us for relationships: a relationship with Him and relationships with others. Relationships are a source of encouragement, support, comfort, protection, and healing.

In Mark 2, Jesus brought spiritual and physical healing to a paralytic man in response to the crazy faith of his four friends. God designed our friendships and relationships to be vehicles and conduits for his healing power to move in our lives.

If God wants to use relationships to be a part of our healing journey, then we have to intentionally battle the disconnection of our current world, and seek to grow healthy relationships with the people around us.

**How to Build Godly Community**

1. Restore broken relationships.

We learned in week 4 about finding healing in broken relationships through forgiveness.

(Romans 12:17-18 NIV) Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. **18** If it is possible, as far as it depends on you, live at peace with everyone.

Practice forgiveness. Release bitterness. Do what you can to restore broken relationships.

(Colossians 3:13 NIV) Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.

1. Redefine harmful relationships.

God wants to use healthy, loving relationships to bring healing to our lives. The Devil wants to use toxic, unhealthy relationships to wound us and hold us down.

2 Corinthians talks about the importance of not being unequally yoked with someone. It calls us to come out and separate ourselves from unholy relationships. Is there a harmful or unholy relationship you need to separate from? It’s time to redefine that relationship.

(Proverbs 13:20 NIV) Walk with the wise and become wise, for a companion of fools suffers harm.

Walk with good, Godly friends and receive healing. Walk with fools and get hurt.

1. Nurture important relationships.

News flash: relationships require hard work! Whether it’s your marriage, your kids, or a good friend, we all have important relationships in our lives that God wants to use as a blessing and a healing conduit to us. It requires us to put in the work to nurture them.

When the fire is dying down and it’s starting to get cold, don’t blame the fire. Throw another log on! We had to constantly add fuel to the fire.

(Hebrews 10:24-25 NIV) And let us consider how we may spur one another on toward love and good deeds, **25** not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

If you want your Life Group to be like the crazy faith friends who were willing to dig a hole in the roof to help each other, you have to throw some logs on the fire. Invest in those friendships. Hang out together. Bring some snacks to share. Send a text throughout the week to check in. Pray for one another. Throw some logs on the fire.

1. Initiate meaningful relationships.

Maybe you’re sitting in a Life Group right now, and you still feel alone. We have to take the initiative. Great friendships are sought out and built. They don’t just happen. We have to walk across the room.

Take the initiative. Invite some people over for dinner. Do life together. Don’t just show up for group and sit around the table. Participate. Ask questions. Get to know one another. Hang out with someone in your group outside of group. Set up a playdate for your kids. Walk across the room.

“I used to come to church and look for a seat. Now, I come to church and look for my friends.”

**Questions for Discussion**

1. Have you ever had to restore a broken relationship with a friend? Why was it difficult?
2. How can Godly friends help us redefine harmful relationships?
3. What are some logs you can throw on the fires of your friendships? What is something a friend has done for you that was meaningful?
4. Share a time when you initiated a relationship that turned into a meaningful friendship in your life.