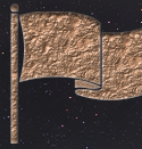


JIREH



RAPHA



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JEHOVAH WEEK TWO

Group Discussion Questions

SERMON RECAP

What do we do when our pain is deeper than the answers we have for it? In Exodus 15, the Israelites followed God into the desert only to find themselves desperate for water. When they finally reached Marah, the water was bitter. It was there, in their place of pain, that God revealed Himself as Jehovah Rapha, the God who heals.

This week, we were reminded that deep pain can challenge what we believe about God, but, more importantly, it can become a place where we experience Him in a deeper way. Healing begins as we listen to the voice of the Healer, lift our eyes beyond what is in front of us, go to the cross, and bring our pain honestly to God. We may not always understand why we experience pain, but we can trust that God meets us in it and will not waste what we put in His hands.

GET STARTED

When you hear the word healing, what first comes to mind? Has your understanding of healing changed throughout your life or walk with Jesus?

The Israelites had followed where God led them, yet still found themselves in a desperate situation. Have you ever assumed that following God faithfully would mean things should work out a certain way? How can unmet expectations affect our view of God?

TAKE IT IN

What encouraged or challenged you from the message this week? Why?

TALK IT OVER

Read Exodus 15:22–26

After witnessing God part the Red Sea, Israel quickly found themselves without water and questioning what God was doing. Matt warned that deep pain can become a place where our confidence in God is challenged. Why can pain make us question things about God that once felt certain? What helps us hold onto faith when our circumstances don't seem to match what we believe about Him?

Listen to the voice of the Healer. God told Israel to listen carefully to His voice. Matt said, “Your ability to experience healing will only go as far as your willingness to listen to the voice of the healer.” How can pain change our willingness to listen to God? What helps you continue listening

when you don't understand what He is doing?

Lift your eyes. Just beyond Marah was Elim, a place with twelve springs and seventy palm trees. Israel couldn't see what was ahead while standing in their pain. We do the same thing over and over. How can focusing only on what is happening right now limit our perspective? Looking back, where have you seen God use something difficult to deepen your faith or shape you?

Matt reminded us that we may never fully understand the “why” behind our pain, but God does not waste our pain. What's the difference between believing God *caused* something painful and trusting Him to *use* it? How might that distinction affect the way we approach Him in difficult seasons?

Go to the cross. Jesus experienced suffering, injustice, and abandonment on the cross. How does knowing that Jesus understands suffering change the way we bring our own pain to Him? What does the cross teach us about God's ability to bring hope and life out of what feels broken?

Bring it to Him. Pain often tempts us to isolate, hide, or hold things inside. What makes bringing our pain to God, and sometimes to safe, trusted followers of Jesus, difficult? What could taking one honest step toward God look like for you?

LIVE IT OUT

Healing doesn't require us to pretend the pain didn't happen or that we understand why it happened. Instead, we can choose to bring what hurts into the presence of Jehovah Rapha. This week, identify an area of hurt, disappointment, or brokenness that you need to intentionally bring before God. Spend time listening to Him through His Word and prayer. If appropriate, invite someone you trust to pray with you. Ask God not only to change your circumstances, but to show you how He wants to meet you and shape you in the middle of them. Also, take some time to write out ways that God has healed or carried you through, in the past.

MEMORIZE

“I am the Lord, who heals you.”

Exodus 15:26

PRAYER

Father, thank You for meeting us in the places that hurt. When pain causes us to question, doubt, or pull away, help us hear Your voice and trust Your heart. Lift our eyes beyond what we can see and remind us of the hope we have in Jesus. Give us courage to bring our pain into Your presence and trust You as Jehovah Rapha, the God who heals. Use even the hardest parts of our stories to draw us closer to You and make us more like Jesus. Amen.