



## Midweek Study Notes

3rd July 2022

Prepared by Matt

### Courage, Compassion & Healing

On Sunday morning Jen shared her testimony, talking about some of the difficult situations and struggles she has faced, as well as encouraging us with the ways in which God has brought healing and restoration to her life.

Take a few minutes to reflect on, and chat about, what Jen shared. What stood out to you the most?

Reread **Psalm 23**, which Tom read on Sunday morning, and which Jen revealed has played an important part in her Christian journey. Psalm 23 has been called *the best known of all the Psalms*. Why do you think this particular Psalm is so popular? What does it mean to you personally?

Read **Psalm 91:4** and **Isaiah 40:30-31**, two passages that have also helped Jen during dark periods in her life. What verses from the Bible mean a lot to you, or have helped you through difficult times?

Jen described how God spoke to her whilst she was in her 'valley of desperation'. Has God ever spoken to you when you were going through a difficult time? Did His words help you to navigate through your struggles?

We heard Casting Crowns' song Crazy People, the lyrics of which say '*crazy people trust in Jesus, following Him wherever He leads us*'. Do you agree with this? Take some time to brainstorm how being 'crazy for Christ' could benefit our church, or help us to reach those in our local community.

Jen shared how God has healed her both physically and emotionally, and she encouraged us that *God heals, all the time, no matter where we are at, and no matter what we are going through*. If you need God's healing in your life, ask the others in your group to pray for you now. You may also like to pray for anyone else you know that needs God's healing touch.

Echo Kathryn's prayer that *God will give us the courage to seek help, compassion for those who are hurting, and bring healing to those who need it*.