



Guiding Principles

There is one Physician, both flesh and spirit, born and unborn, God in man, true life in death, both from Mary and from God, first passible and then impassible—Jesus Christ our Lord. Ignatius of Antioch, Letter to the Ephesians, 7.2

*There is a balm in Gilead
To make the wounded whole;
There is a balm in Gilead
To heal the sin-sick soul.* African American Spiritual

- The sin-virus has wounded God's children, so he sent into the world a great physician to heal them. God's judgement is not on the child of God, but on the sin-virus that is destroying them.

Matthew 8 & 9

- After the Sermon on the Mount, Jesus begins his healing campaign.
- Jesus is willing to reach out and heal a person with a skin disease.
- Jesus heals the Centurions servant from his tormenting paralysis (his loss of agency)
- Jesus heals Peter's mother-in-law from her burning fever.
- Jesus heals another paralysed man by forgiving his sins.
- Jesus went through all the towns and villages... healing every disease and sickness.

The 5 Foundational Stories of our Faith

Part 4: God Comes to Heal Us, Part 2 (Matthew 8 & 9)

Gathering. Open with this prayer,

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son our Saviour Jesus Christ. Amen.

Listening. Watch or listen to the teaching.

Wondering. Spend some time in silence and consider the following.

- I wonder what you liked about the presentation.
- I wonder what challenged you about the presentation.
- I wonder how comfortable you are with human slavery.
- I wonder how comfortable you are with God's judgment on the Egyptian enslavers.
- I wonder how God's deliverance of the ancient enslaved ones gives you hope
- I wonder what you need deliverance from.

Sharing. Choose a question to share with the group or journal.

Praying. Practice the Examination of the Day together.

- For what today are you most grateful?
- For what today do you need healing?
- Where did you see Christ today?
- Where do you pray for Christ's presence today?

Commissioning. Take what you experienced today into your week.

- This week, I want to read first person accounts of enslaved people from the United States (i.e. Sojourner Truth, Frederick Douglass).
- This week, I want to do some self-reflection on the fears and habits that oppress my heart, mind and body.
- This week, I want to pray for people who are enslaved both literally and figuratively.

Preparing. Read Matthew 8-9 and reflect on your favourite stories of Jesus as a healer.

