

# The HURT and the Healer

**Read John 5:1-9. What details stand out to you?**

**In what ways does the encounter between Jesus and the invalid at the pool illustrate God's desire for our wholeness?**

**How can acknowledging our hidden wounds help us experience spiritual healing?**

**What does the story of the invalid at the pool teach us about Jesus and how he cared for those in need?**

**Why is it important to confront internal struggles rather than just focusing on external problems? How can sharing our struggles with friends lead to healing and support?**

**What distractions are preventing you from seeking healing in your life? What do you need to do different to take a step toward healing?**

**How can we better support each other in our journeys towards healing within our church community? Discuss and share how your group might do this for one another.**

**Take time to pray for one another.**