



MOVING MOUNTAINS

SESSION 3 - HEALING PRAYER

SERIES BIG IDEA

Through the posture and practice of prayer, we can experience God's mountain-moving power.

MESSAGE BIG IDEA

Jesus still heals today.

SCRIPTURE

Matthew 17:20, John 14:12

ICEBREAKER AND OPENING THOUGHT

Use this time to open your group and break the ice. The second question is designed to help groups become more comfortable with the topic of the day and to engage each other.

BIBLE DISCUSSION

Read the scripture out loud and allow your group time to think through the questions. Prayer is seen in scripture in many ways, but first and foremost about our relationship with God. We see Jesus healing in many different ways through the Gospels and how the disciples are empowered to heal through the New Testament as well. Thinking on our promises in scripture regarding the larger picture of scripture can help to give people a good idea of the different ways healing can occur in our lives.

LIFE APPLICATION

Walk your group through these questions slowly. Prayer is hard to grapple with, and our understanding of it is complicated and layered. We often don't know what to do or what to say.

Praying for healing can be even more fraught for people. Help your group walk through the questions and the HEAL acronym, helping them to see that prayer isn't a formula, but that we can use good guidelines to help us connect deeper to God and God's people.

H – How can I pray for you?

E – Explain what you are about to do.

A – Ask God what God wants you to know and say.

L – Listen to the person you just prayed for.

End by connecting that idea of praying for healing to the mountains in our lives. It might be helpful here to remind people that there is no right or wrong answer to how our mountain is faring. The reality is that every mountain is going to be different. Some people's mountains might be hills to someone else, or might be as impassable as a whole mountain range. What matters is how it feels to the person in the middle of climbing it and allowing God to speak into that journey.

CHALLENGE

As we continue the 21 days of prayer and fasting, take some time to think on how that has been for you. If it's been hard or you've slipped in practicing, is there some way you can press 'refresh' and start over? What encouragement do you need?