



Study Guide, Episode 63–How to Be Healed through Jesus Christ

Kristen Walker Smith; Matthew 8, Mark 2-4, Luke 7

00:00-08:22	“QOTW: How can I be healed? How does healing work?”
08:23-19:50	“Come unto Christ & bring others, in faith, to be healed”
19:51-32:53	“Sometimes He heals us; sometimes He heals our circumstances”
32:53-42:11	“Do the work & use the treatment He guides you to”
42:12-51:05	“The Lord sees & has compassion for you; Have faith as a mustard seed”
51:06-END	“Pray to ‘not shrink;’ Keep the ‘warrior’ spirit; Love much”

1. What needs healing in your life right now—physically, mentally, emotionally, socially, spiritually? What have you been doing to seek/find healing so far?
2. In what ways are you seeking Jesus, coming unto Him, and/or helping others seek and come unto Him, to be healed? How are you bringing your infirmities to Him?
3. If you are seeking healing, ponder this: “Do I have the faith to NOT be healed?” Discuss this in prayer with your Heavenly Father. Write about this in your journal.
4. What help, treatment, people, support do you need for the healing challenges you're facing right now? Pray, and ask to know where to turn. Then, listen, and act on your promptings to do the work required of you for healing.
5. *Exercise:* Focus on all the things you *haven't* asked for, yet have been blessed with, this week. Write down everything you discover. Pray and offer your gratitude to God for these things, and remember how He blesses you daily.
6. What might you do this week to “love much,” as the Savior said in Luke 7? Who might you love? How might you love? How might you receive love from others and from God? How might you love yourself a little bit better?

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<https://drchristi.mykajabi.com/8day-replenish-challenge>

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