

Lesson 6

Healing Hope



From lesson 1, the great hope we all seek is eternal life ([Titus 1:2, 3:7](#)). When we think of life we often focus on our health. When we are healthy, we feel hopeful about today and the future. When we lose health, we can feel hopeless. The same applies to our spiritual health. When we are spiritually well in God's sight, we can have incredible hope in this life and eternal life to come. When we sin, we can feel hopeless.

But, there is healing found in Jesus Christ, our Great Physician. He has the power to redeem us from sin.

*"But He was pierced for our offenses, He was crushed for our wrongdoings;
The punishment for our well-being was laid upon Him, and by His wounds we are healed."
Isaiah 53:5*

*"This Man [Jesus], delivered over by the predetermined plan and foreknowledge of God, you nailed to a cross by the hands of godless men and put Him to death. But God raised Him from the dead, putting an end to the agony of death, since it was impossible for Him to be held in its power."
Acts 2:23-24*

Come, Let's make an urgent appointment with Jesus to find true healing and renewed hope!

PRE-CLASS HOMEWORK QUESTION:

Describe a time when you or someone you know felt hopeless due to a serious physical health condition. What was that like?

I. KNOW. What do the Scriptures say?

A. Stage Setter: [Matthew 9:1-13](#)

1. Matthew 9:2. What physical ailment did the man have. In what ways do you think this man's life was impacted by his condition? What other significant ailment did he have?

2. Matthew 9:2-6. What condition did Jesus address first? Why?

3. Matthew 9:6-7. What did Jesus tell the man to do?

4. Matthew 9:8-13. Jesus next encountered a perfectly healthy man. What was his greatest need? What was Jesus calling this man – and all sinners – to do?

5. In [Psalm 38:1-8 and 17-18](#), describe the pain did David experienced from his sin. Do I feel a similar anguish when I sin? If not, why?

6. In [Ephesians 2:1-2](#), [Romans 5:12](#), and [James 1:14-15](#), what is the prognosis of sin?

B. Developing Spiritually Healthy and Hopeful Lives.

1. Healthy and Hopeful Me.

a. In [Malachi 4:2](#), what attitude brings healing? In [1 John 1:7-9](#), what action heals?

b. In [Colossians 3:12-17](#), what should I now “put on”? How can these remedies renew hope in me and others?

c. In [1 Corinthians 9:24-27](#) and [2 Timothy 2:5](#), what healthy habits should I develop to be a successful competitor for the hope of glory God offers?

2. Healthy and Hopeful Relationships.

a. In [Proverbs 27:17](#) and [Hebrews 3:13](#), how can we strengthen one another's hope? Who is a good example of this in my life?

b. According to [Proverbs 12:18](#) and [16:24](#), as well as [Colossians 4:6](#), what body part can be especially helpful? In [James 3:5-12](#), how else can it be used? Am I healing or hurting those around me with it?

3. Healthy and Hopeful Church.

a. What promotes good health in a congregation according to [Colossians 3:15-16](#)?

b. What destroys the health and hope of a church according to [1 Corinthians 1:10-11](#) and [Revelation 3:15-18](#)?

c. Do I behave like a Christian at Colosse or a Christian in Corinth and Laodicea?

4. Healthy and Hopeful Society.

a. According to [2 Chronicles 7:14](#), how can I do to help heal this nation? Am I doing this?

b. In [Romans 13:8-14](#), what attitude and attire can I put on to improve the world around me?

II. FEEL.

A. Make a list of the different ways you invest in your physical health.

B. Now, make a similar list of the different ways you invest in your spiritual health.

C. What stands out about your two lists regarding the amount of time, effort, prioritization, and funds you devote toward each? What did Paul tell Timothy about this balance in [1 Timothy 4:7-8](#)?

D. From the gospels, how did Jesus invest in His physical and spiritual health? If you are new to the Bible, consider the following verses: [Matthew 4:1-4](#), [Matthew 6:25-30](#), [Matthew 8:19-22](#), [Luke 6:12](#), and [John 4:31-34](#).

III. DO.

Now that you know the remedy for a spiritually healthy and hopeful life, make an appointment with Jesus Christ, the Great Physician, this week. Commit an hour this week:

On (day) _____, from (time) ____ to _____, I will meet with you Lord.

Come with a list of the sins, guilt, shame, failures, and pride and lay them at His feet in prayer. Put on the new dressings and habits He prescribes in scriptures. Be healed of you sin and be hopeful in your future because Jesus paid the price for your salvation.