

# GROWTHguide

FOR THE WEEK OF MAY 29, 2016

“Healer of Body and Soul”



## THIS WEEK'S SCRIPTURES

Mark 5:21-34, Romans 10:17, 2 Corinthians 5:7, Matthew 19:26, Psalm 118:24

## REFLECTION AND STUDY

### DAY 1

This Sunday we learned about the woman who touched the hem of Jesus' garment knowing she would be healed. Her desperation to be healed far outweighed her embarrassment and shame. She was willing to risk everything to become whole. As she demonstrates, faith is not a belief, it is a verb. Faith drives you to DO something. When life presents its myriad of challenges, we do our best to make our way through the muck. It is not until we are exhausted and desperate that we are finally convinced that there is no other way but Jesus. Our faith kicks in, we humble ourselves and we finally go to Jesus because we know that His power can make us whole again.

- Why don't we go to Jesus first?
- Imagine the difference the healing made in the woman's life. She was finally able to integrate back into society after being kept apart in shame for over a decade. Do you have something in your life that keeps you in shame?

**Ask God to help you overcome any barriers that keep you from coming to Him first.**

### DAY 2

The woman who sought after Jesus had heard about his miracles and believed he had the power to heal her. She put aside her fears, chose to step out of her comfort zone, and demonstrated her faith through action. It is important to understand that believing in Jesus does not bring healing. Faith in Jesus, that takes action, is what changes things. How can we grow our faith? What actions can we take?

**Read Romans 10:17** The Bible says we get faith when we listen to God's Word.

- Have you been intentional about growing your faith?
- If you weren't afraid what kinds of things would you do with your faith?

**Ask God to help you honor your commitment to spend time with Him and His word. Pray that God would reveal the desires of your heart and strengthen your faith by action.**

### DAY 3

**Read 2 Corinthians 5:7** Walking in the dark isn't fun. We don't feel safe when we can't see what is ahead of us or lurking around the corners. We may lose our sense of direction temporarily and wish we had something tangible to hold on to. When we walk into the darkness anyway, even when we are

afraid, that is our faith in action. There is risk involved. We don't know all of the answers and we may feel lost and scared. But we go anyway, we call out anyway, we seek Jesus anyway. He is all we need.

- Is there a specific area of your life where you need to direct your faith?
- Is there a "walk in the dark" that you haven't taken yet due to your fear?

**Pray that God would give you the confidence to walk with Him even when you are afraid.**

## DAY 4

**Read Matthew 19:26.** What does it mean to have faith? You don't have to have everything figured out, you don't have to be dressed a certain way or have it all together. All you need is mustard seed bit of faith and God can work with that. His supernatural power is made available to help us succeed when we exercise our faith. Faith increases our confidence. It neutralizes our fear. It gives us the ability to press on no matter what the odds might be against us. When we act in faith we receive additional strength and boldness. Nothing is impossible!

- How is your faith? Is it strong or weak or somewhere in between?
- Do you believe that anything is possible with God?
- If anything is possible, what does that mean for your life?

**Thank God that anything is possible. Ask God to help you exercise your faith.**

## DAY 5

**Read Psalm 118:24.** God says to start your day with faith, not doubt. This requires us to be intentional. It also requires us to be mindful and pay attention to our thoughts. It doesn't mean ignoring reality, but facing reality with the certainty that God is for us. Try to carry that faith through your entire day. Commit yourself to action. If things are rough, in faith, invite God into the problem and let Him solve it for you. If you are in a season of joy or peace, rejoice but push harder to build your faith and use the courage God has given you.

- When you wake up in the morning are your first thoughts positive or negative?
- Are you conscious of the constant stream of thoughts that run through your mind? Try consciously taking note of your thoughts as you go through the day. If your thoughts are filled with doubt, take a moment to pray or go the Word to help build up your faith.

**When you wake up each day, say a prayer of thanks to God. Ask God to help you break through negative thinking and doubt if they have become a pattern in your thinking.**

## DAY 6

Today is your "Sabbath" and a time for reflection. How has God been speaking to you over the week? Use what the Lord has said to you to remold and reshape your life. If you are having trouble hearing God's voice, slow down or even stop what you are doing so that the busyness of life's demands do not squelch the whispers of God's language of love upon your heart.