

TO FOLLOW IS TO HELP AND HEAL

WEEKLY ACTION STEP

This week send a note of encouragement or reach out to someone who needs help or healing, whether it's a friend, loved one, or someone from your church community.

TAKEAWAYS

- Helping and healing others is crucial in what it means to follow Jesus and should be a hallmark of Jesus' followers.
- Acknowledging that Jesus exists or that He is God is NOT the same as following or trusting Jesus.
- The heart of Jesus is being with Him daily in all areas of your life.
- The more you are WITH Him, the more you'll start to act like Him.

SCRIPTURE

Read Mark 1:21-39 and James 2:18-19

QUESTIONS

1. Helping and healing others should be hallmarks of Jesus' followers, just like it is with Jesus. When has another Christian come alongside you to help and heal you in your time of need?
2. In Mark 1:23-24, the disciples witness Jesus's healing power in action. They watch and learn from the actions and words of Jesus. How have you been an example for someone else to see the love, help, and healing of Jesus?
3. Pastor Ron notes that acknowledging Jesus' existence or His status as God is NOT the same as following or trusting Jesus. Who do you know that is in this position—someone who may believe that Jesus is God but doesn't follow Him? What have you done, or what can you do, to reach this person and show them the life-changing ways of following Jesus?
4. Pastor Ron used an illustration of Jesus hitchhiking. You are the driver. In what areas of your life have you just blown by Jesus, put him in the trunk, the backseat, the passenger seat? In what area(s) do you need to give Jesus the keys?
5. What is it in your life that distracts you or needs to change to create more time for you to be with Jesus?
6. Identify the sphere of influence God has created in your life. Discuss. Within that sphere what is the work of helping and healing that you have done in the name of Jesus? What motivated you to minister to others? How did your actions affect that person or persons?
7. We are all given different gifts in the service of God. What gift do you have that God can use to help and heal those in need? Are you using it as God would want?
8. Read James 2:14-26. Are you a doer or a thinker? Are you more likely to act without thinking, or think without acting? Give an example.
9. It is our sinful nature that causes us to think of ourselves more than others. Discuss with your small group practical plans to make yourself think more of others.