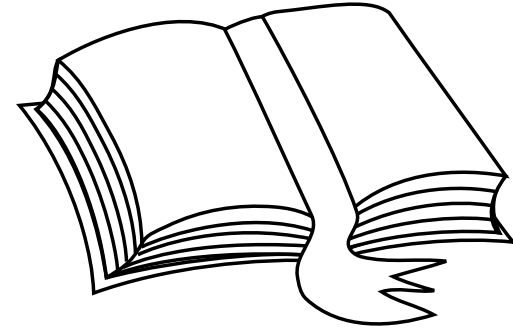


SECTION III.

A.4. Jesus did heal and forgive the sins of those who came to Him. He was very clear that the healing and forgiveness of sins was a necessary part in healing the whole (body and soul) person. A cure can include a medical cure of physical illness, but a true healing must be of the whole person.

NOTES



LORD, HEAL ME!

SECTION I. Introduction

- A. In the past, how did people in your culture look at physical and mental illness? What did people think caused it? What did people do to get better (well)?

- B. Today, do you think that most people in your culture believe that spiritual well-being is connected with the healing of mental and physical illness? In what way is it connected?

SECTION II. Both in Old Testament times and after the coming of Jesus, God's people turned to Him for help. The book of Psalms is considered the prayer book of the Bible. In the Psalms, the writers talk with God about their problems, their diseases, and their need for help and healing.

A. Read Psalm 30:1-3.

- 1. What did David say his problem was?

- 2. What did he do when he needed help?

3. What was David's response to the help that God gave him?

B. Read Psalm 41:4. In this Psalm, David asks God for healing.

1. What does David say that he has done?
2. Is David's problem a physical problem?
3. Based on this verse, what do you think the first steps are in the process of all healing?

C. Read Psalm 107:17-20.

1. What kind of people does this Psalm talk about?
2. Why were they in trouble?
3. Do you think that they deserved help? Why or why not?
4. What did God do for them?

D. Compare God's response to David in Psalm 30 with God's response to the fools in Psalm 107.

LORD, HEAL ME! LEADER'S NOTES

SECTION I.

In other cultures, people may have very different explanations for the causes of all kinds of illnesses other than what modern western medicine says is the cause. We need to be aware that this is the case. In the last few years in the western world, we have become increasingly aware of the interactions between the body, the mind and the spirit. The Bible makes clear that people cannot be totally healed without being spiritually healed. In many cases, Jesus made a special point of healing people first by forgiving their sins before He healed their physical bodies.

Sometimes, students are taught in English class that spiritual and mental are the same thing. Spiritual and mental are not the same thing. If we say that mental is the same as spiritual, then would saying that someone has lost their mind mean that they no longer had a soul? What about people who are brain dead or babies who are unable to function mentally? Does that mean they are no longer human? What about the essential human spirit which God gives them at creation ?

SECTION II.

There is evidence that when David wrote this Psalm, he was recovering from a serious physical illness. Although David does not specify what the problem was, his use of the term Death's Gates, indicates that he almost died.

The term translated as *pit* had several different meanings in the Old Testament. It could be a dark and dangerous place, either physically or spiritually. In Genesis, Joseph's brothers threw him into a pit, a deep hole in the ground that he couldn't get out of without help. Proverbs speaks of an adulterous woman leading a man into a pit. There it means the idea of pulling a person down into a moral and spiritual pit, not a physical pit. Sometimes the idea is a dark and unknown place where we go when we die.

death's gates	close to dying
distress	suffering
cry out	call, yell
message	in this verse it means God sent someone to carry out his special order
rescued	saved from danger

Psalm 103:1-5

praise	to offer thanks and honor, warm approval, admiration
holy	sacred (set apart), pure
forgives	excuses a fault or offense
crowns (verb)	gives, puts on
mercy	kind and compassionate treatment of someone by a person in authority
compassion	sympathy, feels your suffering to
blessings	good things (either physical or spiritual) that God gives us
eagle	large, powerful bird

E. Compare the situations in Psalm 30 with those in Psalm 107. How were they the same? How were they different?

1. Compare what God did in the two situations.
2. What do you think this tells us about what we can expect when we are in trouble and ask God for help?

SECTION III. In the Psalms we have read, we see that God's people turn to God for help. God responds to those who reach out to Him and pray for help. Read Psalm 103:1-5.

A. David lists all that God does for us.

1. What is the first thing that he lists?
2. What other things does he list?
3. Why do you think the first "good" that David lists comes first?
4. Do you think we can be healed completely in body and soul without forgiveness?

B. David says that God heals *all our diseases*.

1. What kind of diseases do you think this includes?

2. Does that mean that God will always heal us from all disease?

- C. What is some evidence in your life that God rescues us from the *pit*?
- D. After God rescues us, what does Psalm 103 say He does?
- E. What is David's response (and ours) to what God has done?

LORD, HEAL ME! VOCABULARY

Psalm 30:1-3

honor	showing great respect
pit	deep hole
rejoice	be happy, be joyful
healed	to restore health, to cure
grave	place of burial

Psalm 41:4

pity	sorrow, grief, feel sorry
soul	spiritual nature of man, unseen part of a person that God gave only to humans
sinned	having thoughts, saying words or doing something that is against God's will

Psalm 107:17-20

fool	one who lacks judgement
suffer	to feel pain
disobedience	the act of not obeying or not doing what another person has asked you to do
crimes	violation of law
disgusting	to offend, offensive