

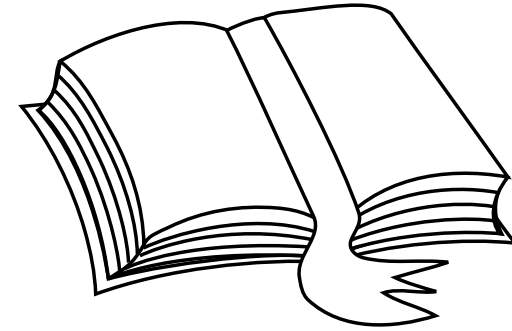
2. Does that mean that God will always heal us from all disease?

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?

### 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.

- 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?