

# Healing Hidden Wounds

“Knowing God Deeper” part 3, from Exodus 15:22-27  
Pastor Bob Johnson, May 2nd, 2021

## **Jehovah-Rapha = “I am the God who heals” (Exodus 15:26)**

*He heals the brokenhearted and bandages their wounds.*

*Psalm 147:3 (NLT)*

## **Steps in God’s Healing Process:**

### **1. Reveal ...**

*I kept very quiet. ... but I became even more upset. <sup>3</sup>I became very angry inside, and as I thought about it, my anger burned. *Psalm 39:2–3 (NCV)**

*When I kept things to myself, I felt weak deep inside me. I moaned all day long. *Psalm 32:3 (NCV)**

### **2. Release ...**

*For God is working in you, giving you the desire and the power to do what pleases him. *Philippians 2:13 (NLT)**

*Never pay back evil for evil. ... never avenge yourselves. Leave that to God, for he has said that he will repay those who deserve it. *Romans 12:17-19 (LB)**

*When Jesus suffered, he did not threaten to get even; he left his case in the hands of God ... *1 Peter 2:23 (LB)**

*Look after each other so that not one of you will fail to find God’s best blessings. Watch out that no bitterness takes root among you, for as it springs up it causes deep trouble, hurting many in their spiritual lives. *Hebrews 12:15 (LB)**

### 3. Replace ...

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*

*Romans 12:2 (NLT)*

*Through what Christ would do for us; he decided then to make us holy in his eyes, without a single fault—we who stand before him covered with his love.*

*Ephesians 1:4 (LB)*

### 4. Refocus ...

*Put your heart right, Job. Reach out to God. ... <sup>15</sup>Then face the world again, firm and courageous. <sup>16</sup>Then all your troubles will fade from your memory, like floods that are past and remembered no more.*

*Job 11:13–16 (TEV)*

*Look straight ahead with honest confidence; don't hang your head in shame.*

*Proverbs 4:25 (TEV)*

### 5. Recognize ...

*He comforts us every time we have trouble, so when others have trouble, we can comfort them with the same comfort God gives us.*

*2 Corinthians 1:4 (NCV)*

*When someone becomes a Christian, he becomes a brand new person inside. He is not the same anymore. A new life has begun!*

*2 Corinthians 5:17 (LB)*

*But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.*

*Isaiah 53:5 (ESV)*

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## **This Week's GPC Discussion Guide:**

Welcome to the third week our 10 week study and discussion based on our current Sunday series at GPC called, "Knowing God Deeper".

Each week we will reflect on one of the names of God found in the Old Testament. Each of these names are windows into an aspect of God's character.

The more we understand God's character, the deeper we can know God personally, increase our trust in Him and experience His peace.

It is our prayer at GPC for our Sundays and small groups to provide the encouragement we all need to support each other as we desire to grow closer to God and build friendships in the coming weeks.

Each week, we will be using the same set of questions as we focus in on the ten different names of God that will be the focus of this series.

### **Getting Started ...**

In the last seven days or so, what has encouraged you (big or small) that we can rejoice with you over? ... and / or ... what has challenged you, stretched you, possibly brought some discouragement your way (big or small) ... that we can offer our support and prayers for each other?

### **Quick Review ...**

Let's reflect on this week's name of God, "Jehovah-Rapha" which means "I am the God who heals."

From Exodus 15:22-27 and what was shared on Sunday, was there anything you heard for the first time or that caught your attention, challenged you, encouraged you, or stretched your thinking?

## **Digging Deeper:**

What does the name “Jehovah Rapha” mean to you personally?

Have you experienced the meaning of this name before?

If so, when? How did it impact you?

What thoughts came out of that experience?

What are some feelings, thoughts, questions or possible struggles that surface in you as you reflect on the meaning of this name?

What do you think God wants you to remember and live in light of about this particular name of God?

What are the needs and desires this name of God might meet in your life if you were fully able to embrace its truth in your heart?

## **Praying Together:**

Let's be sure to spend some time sharing prayer requests and praying for each other.