



Lessons From The Lake | Week 3

Last Week

Last week we talked about striving to get untangled from the things that get in the way of our relationship with Jesus. Have you been able to take any steps towards getting “untangled”?

Opener

Think back to a time you were physically injured. What are some of the things you had to do to heal?

Questions

What are some things that people need “healing” for?

Follow Up- Do you think that we always *know* when we need healing?

Have someone read (or split it up for a couple people to read) 2 King 5: 1-19

Who initiated the healing of Naaman? What do you think is significant about who she was or what she did?

As soon as an opportunity for healing arose, the people who were close to Naaman rallied in support around him. What does this example teach us about how we support those in our lives who need healing?

Look again at verses 9-19. How does Naaman’s attitude develop through his encounter with Elisha and being healed?

Follow Up- What does this tell us about how we should approach our *expectations* when we are seeking healing?

Follow Up- What does it tell us about the importance of humility (or the obstacle of pride) in our healing process?

What is the value of patience in healing?

Follow Up- There is a common saying in counseling “We always over-estimate what we can do in the short term, but vastly underestimate

what we can do in the long term". What do you think this saying means?
Have you ever experienced this saying holding true?
How does Naaman's reaction to being healed set an example for us?

Next Steps

Is there something you need healing from? If so, what is the next step you need to take to work towards healing this next week?