



Breathe Miracles | Jill Johnson | 5.9.21  
Weekly Study

START

To get things started, go around the circle and answer the following question:

**Where would you build your dream home?**

SHARE

Welcome back to Group! This week, Shawn gave a powerful message about how to heal from our past. Before we dive into the sermon, take some time to check in with your Group by answering these questions.

**What is one word you would use to describe how you are currently feeling? Why did you choose that word?**

**What was the most challenging part of your week?**

**What was the highlight of your week?**

**What is one thing you believe God is trying to teach you this week?**

GROW

**Read Luke 13:10-17**

**What stuck out to you about this story?**

**What does this passage teach us about Jesus?**

In the passage you just read, Jesus healed a woman who came to him in desperate need. This poor woman had a crippling spirit for eighteen years. That's a long time to be in pain. The pain was so bad that she could not even stand up straight.

As Jill reminded us this week, there is a whole lot of backstory and context to this story. And the more you start to understand the context, the more you begin to see just how loving and compassionate Jesus is. In Luke 13, Jesus was teaching in a synagogue and this was the last time he was going to speak publicly before going to the cross. Since it was his last time, it is safe to assume he thought through exactly what he wanted to say. But then he sees this woman in need, stops everything he is doing, and takes the time to heal her.

According to the law, people with this sort of physical illness were not allowed to be in the Synagogue and being a woman at that. But Jesus always seemed to care more about people than policy. Jesus had a mission—a really important mission. But he never let that mission stop him from meeting needs right in front of him.

These days, it's easy to get so caught up in our busy lives that we lose sight of the people right in front of us. Every once in a while, we need to take some time to remind ourselves that people come first. If you keep your eyes open, God will put people in your path to love!

**Who is one person you feel like God is putting in your path that you can help or love?**

**What is one tangible step you can take today to love them?**

M O V E

**Read Hebrews 4:14-16**

Hebrews 4:15 is a really important verse: "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin." What does that verse mean to you?

**Verse 16 invites us to approach God's throne with confidence. Do you approach his throne with confidence? Why or why not?**

Hebrews 4 reminds us that Jesus knows what we are going through. There are several reasons why he stepped out of heaven and took the form of a man. One of the reasons is because he wanted us to know that he knows how we feel. Life can be difficult. But when we go through tough seasons, we can remind ourselves that Jesus knows how we feel!

Is there anything heavy you are going through today? Maybe it's a broken relationship, loss of a job, physical suffering, mental anguish, fear, disappointment, discouragement, or unbelief. The list goes on and on. There's a good chance you are experiencing one or more things on that list. And although there aren't easy answers to any of those things, we can find a lot of hope and peace in knowing that God is right there with us in the middle of our pain.

As Jill reminded us this week, "we hold onto hope by knowing who we're holding onto." Jill gave us this list of reminders, straight from God's Word, to hold onto this week. Take a few minutes to read through them together.

#### What I Know

- He says He will never leave me (Hebrews 13:5)
- He collects my tears (Psalm 56:8)
- All God's promises to me find their "Yes" in the answer of Jesus's life, death, resurrection, and soon-coming return! (2 Corinthians 1:20)
- This world is not my final home. (Hebrews 11:13; 2 Corinthians 5:1)
- God is Kind. (Hosea 11:4; Titus 3:4-5)
- God is Faithful. (Psalms 145:13-17)

Which of those promises stood out to you the most? Why do you think that is?

How can you apply that promise to your life this week?

Pick one promise and take some time to read the verse that goes along with it. Commit that verse to memory this week!

## P R A Y

We need prayer now more than ever. Spend some time sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

## T O G O

*Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

- Hebrews 4:17