

Sunday 13<sup>th</sup> September  
2020 – Extra Time



St John's Community Church

## Healing That Changes Us

1. How would you say each of these three levels of awareness (self-awareness, awareness of others, awareness of God) have grown in your life over these last six months?
2. To what extent would you say these three kinds of awareness (of self, others, God) are connected? For example, how might a greater level of self-awareness help us to empathise more with others? Or how might a greater sense of empathy for others increase our awareness of God in our lives?
3. *'It's not the joy that makes us grateful, it is the gratitude that makes us joyful.'* Do you agree with this idea? To what extent have you found this to be the case in your own life?
4. In what ways might you have been refreshed, released, healed by God over recent months? What might you need to put in place to ensure that this healing leads to permanent change?
5. What kinds of things do you still long for God to heal, to lift, to refresh in your life today? What changes could you imagine that healing would lead to?
6. What role might we have to play in enabling or working with God's healing processes in our lives? How might we stop this from simply becoming an extra-burden on us? What role might we be called to play in helping those around us to experience the ongoing healing of Jesus in their lives?