



# SHARED HEALING

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## Read Together

Philemon 1:4-22 & 2 Corinthians 5:16-20

“All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; ...”

*(2 Corinthians 5:18)*

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## Learn Together (watch week 6 video lesson)

Forgiveness is all about healing, healing ourselves and the world we live in. Whether we stand in need of forgiveness or face the difficult path of forgiving someone else, it is all about saying that we want to mend the brokenness. We don't want to continue living with the pain, shame, guilt and anger. We may not know exactly what to do, we just know that we can't stay the same, and we can't continue to feel the way we feel. And so, we take the courageous step toward forgiveness.

Paul believes that reconciliation is possible for Philemon and Onesimus. A new life and new relationship await them, but Paul knows it will come only if there is forgiveness. And he trusts that Philemon will forgive Onesimus.

Paul always encouraged every congregation, every believer, to seek healing and reconciliation because life is too short to live in constant brokenness. And the little time we have on this earth should be lived in freedom and peace, as God desires for all of us.

Imagine if we who have experienced healing and reconciliation in our own lives accepted the ministry of reconciliation that God has given us and became ambassadors of forgiveness and healing right where we are. How would our homes, neighborhoods, churches be different if we became champions for healing hatred, division and arguing that inflict wounds every day?

## Pray Together

O God, in your very being we discover the essence of relational, triune love. You are the Lover, the Beloved, and the Love that Flows Between Them. As one created in your image, I ask that you empower me today to be a person of deeper love, encompassing heart, soul, mind, and strength, for both you and those around me.

*Amen*

*And the little time we have on this earth should be lived in freedom and peace, as God desires for all of us.*



# SHARED HEALING

## Reflect Together

For this study on shared healing, we are focusing less on physical healing and more on relational healing. Have you ever had a relationship successfully be healed? How do we discern if a relationship can or even should be healed? Are there instances when relationships are beyond mending?

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Do you see forgiveness as being more for your benefit or for the other person's? What situations might involve one or the other?

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Below are five ways in which one might think of shared healing. Which of these resonates the most for you? Which is easiest for you? Which is the most difficult?

1. Loving those dearest to us
2. Engaging in forgiveness, both in asking and in giving
3. Open yourself to vulnerability in friendships
4. Refine who around you feels unloved or unlovable
5. Allow yourself to be loved by God and others

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## Serve Together

Where in your life is there need of relational healing? Is there someone you need to forgive or you need to seek forgiveness from? Try praying for them this week, and if you feel comfortable and confident, try reaching out in healing reconciliation. This isn't to fix or erase wounds of the past, but an opportunity to begin the healing process.

**NEXT WEEK: SHARED STRENGTH**

