

g r a c e p o i n t

A M E T H O D I S T C H U R C H

Homegroup material

I. Introductory Discussion Questions

1. What stood out for you most about the “Remembrance & Healing” sermon?
2. Read Revelation 21 vs 1-7 below. When you think about the life to come in eternity, what emotions are stirred up in you?

- Revelation 21 vs 1-7:

“Then I saw a new heaven and a new earth. The first heaven and the first earth disappeared, and the sea vanished. And I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared and ready, like a bride dressed to meet her husband. I heard a loud voice speaking from the throne: “Now God’s home is with people! He will live with them, and they shall be his people. God himself will be with them, and he will be their God. He will wipe away all tears from their eyes. There will be no more death, no more grief or crying or pain. The old things have disappeared.” Then the one who sits on the throne said, “And now I make all things new!” He also said to me, “Write this, because these words are true and can be trusted.” And he said, “It is done! I am the first and the last, the beginning and the end. To anyone who is thirsty I will give the right to drink from the spring of the water of life without paying for it. Those who win the victory will receive this from me: I will be their God, and they will be my children.”

3. In light of this passage, what do you imagine heaven will be like?
4. Hebrews 12 vs 1 talks about a great “cloud of witnesses” who have gone before us and who are cheering us on in the race of life. What does this mean to you?
5. How do you think we can best honour and remember those we have loved and lost?

II. The pain of loss

1. God is present with us in the pain of loss. Can you recall a time in which God ministered to you in the midst of your pain? If you are willing, share this with the group.
2. Jesus does not always calm or remove our storms and our pain, but He comes to meet us in them. (See Mark 4 vs 47-51). We know that God has the power to spare us from pain, but He doesn’t always choose to do so. How do we reconcile this?
3. How has your pain shaped you as a person?

4. In the account in Mark 4, Jesus' disciples had just suffered a great deal of pain after learning of John the Baptist's death. Read what Jesus says to them in light of this experience in Mark 6 vs 31:

- **Mark 6 vs 31:**

"There were so many people coming and going that Jesus and his disciples didn't even have time to eat. So he said to them, "Let us go off by ourselves to some place where we will be alone and you can rest a while."

It is not always our nature to draw near to God when we are hurting. We often choose to run from Him in our pain instead. How do you think we can ensure that we turn to God and not from Him when we experience pain?

iii. The pain of comfort

1. Read Psalm 23 below. What stands out for you most about this well-known Psalm?

- **Psalm 23 vs 1-6:**

"The LORD is my Shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in paths of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me. You prepare a table for me in the presence of my enemies; You anoint my head with oil; my cup runs over. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the LORD forever."

2. Read and reflect on the Scriptures below. What do they reveal to you about God as our Comforter?

- **Psalm 71 vs 19-21:**

"And Your righteousness, O God, is very high, who have done great things. O God, who is like You, who has shown me great and evil distresses; You will turn me; You will make me live. You will turn me from the depths of the earth, You will bring me up. You will increase my greatness and surround and comfort me on every side."

- **Isaiah 51 vs 3:**

“For the LORD shall comfort Zion; He will comfort all her waste places; and He will make her wilderness like Eden, and her desert like the garden of the LORD. Joy and gladness shall be found in it, thanksgiving and the voice of melody.”

- **Isaiah 61 vs 1-3:**

“The Spirit of the Lord is on Me; because the LORD has anointed Me to preach the Gospel to the poor; He has sent Me to bind up the broken-hearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound; to preach the acceptable year of the LORD and the day of vengeance of our God; to comfort all who mourn; to appoint to those who mourn in Zion, to give to them beauty for ashes, the oil of joy for mourning, the mantle of praise for the spirit of heaviness; so that they might be called trees of righteousness, the planting of the LORD, that He might be glorified.”

- **Jeremiah 31 vs 13:**

“Then shall the virgin rejoice in the dance, both young men and old together; for I will turn their mourning into joy, and will comfort them and make them rejoice from their affliction.”

- **John 14 vs 16-17:**

“And I will pray the Father, and He shall give you another Comforter, so that He may be with you forever, the Spirit of Truth, whom the world cannot receive because it does not see Him nor know Him. But you know Him, for He dwells with you and shall be in you.”

- **John 14 vs 26-27:**

“But the Comforter, the Holy Spirit whom the Father will send in My name, He shall teach you all things and bring all things to your remembrance, whatever I have said to you. Peace I leave with you, My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

- **John 15 vs 26-27:**

“And when the Comforter has come, whom I will send to you from the Father, the Spirit of truth who proceeds from the Father, He shall testify of Me. And you also shall bear witness, because you have been with Me from the beginning.”

- **2 Corinthians 1 vs 3-5:**

“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies and the God of all comfort, He comforting us in all our trouble, so that we may be able to comfort those who are in every trouble, through the comfort with which we ourselves are comforted by God. For as the sufferings of Christ abound in us, so our consolation also abounds by Christ.”

3. Sometimes we hold onto our pain because it is too difficult to share or let go. Therefore, often, comfort is painful. How do you think we can open ourselves up to God and to one another in order to find comfort and ultimately, healing?

IV. The pain of healing

1. Have you experienced the healing of God in your life? (Read and reflect on the Scriptures below)

- **Exodus 15 vs 26:**

“...for I am the LORD who heals you.”

- **Psalms 103 vs 3-5:**

“Bless the LORD, O my soul, and forget not all His benefits; who forgives all your iniquities; who heals all your diseases; who redeems your life from ruin; who crowns you with loving-kindness and tender mercies; who satisfies your mouth with good; your youth is renewed like the eagle's.”

- **Psalms 107 vs 20:**

“He sent His Word and heals them, and delivers them from their pitfalls.”

- **Psalms 147 vs 3:**

“He heals the broken-hearted, and binds up their wounds.”

2. Do you think we are ever really healed of our pain of losing those we love?
3. We often hear people saying that “time heals all wounds”. Do you believe this to be true? Why or why not?
4. How do you think we can open ourselves up to the healing of God?

V. Call to action

1. What will we do with what we have discovered in this session?
2. How will we hold each other accountable to this?
3. Perhaps spend some time in your group praying for one another in areas in which you may need the healing touch of God.