



TASTE Reflection Questions
DATE

The Heart of Healing: Foundations
Elizabeth Leon

*And remember, I am with you always,
to the end of the age. ~ Matthew 28:20*



1. At the beginning of Elizabeth's talk, she showed us a picture of a path on a **LANDSCAPE** symbolizing our "Journey of the Beloved" graphic and assured us that Jesus is with us on the journey and asked some questions.

- Where are you on the journey? Where do you want to be on this journey?
- Where is Jesus? Is He beside you, far away, or can't even be seen? Do you see Him as loving or judging?

2. Elizabeth shared the story from John 5 where the **PARALYTIC** at the healing pool of Bethesda had been waiting for someone to put him in the stirred up miraculous waters for healing for the last 30 years. She suggested that perhaps he spent that time feeling powerless, overlooked, unimportant, disappointed, and suffered despair in his mind and spirit. Knowing all of this, Jesus asked the man if he **WANTED** to be healed.

- Why do you think Jesus asked the paralytic if he wanted to be healed?
- Do you hear Jesus asking you if "YOU" want to be healed? How?
- What would prevent you from answering His invitation to be healed? Which lies have you accepted?
- How has the outcome of trying to heal either on your own or seeking only the help of others given you initiative to answer Jesus' invitation for healing?

3. Elizabeth explained that all too often we **NORMALIZE** our wounding to be adaptive and resilient. However, through healing we can truly live an abundant life of love, peace, and joy.

- How have you or others normalized wounds and therefore swept it under the rug?
- How has the promise of an abundant life allowed you to see this as a maladaptive response to suffering and encouraged you to be healed?

4. Elizabeth shared a picture of a **JAPANESE BOWL** that had been broken, repaired with gold, and now more beautiful. She explained that when we are broken and then healed, our wounds become a source of grace for others and God's light shines through our wounds.

- Do you know anyone whose healed wounds became a source of grace for others? Explain.
- Do you have any healed wounds which became a source of grace for others? Explain.
- How does God's light shine through them?