



## **Discovering Healing Accounts in the Gospels of Matthew**

*We are praying for you as you begin this journey to discover truths from the healing accounts in the Gospel of Matthew. We want to encourage you to take time to pray and ask God to help quiet your mind each day, set aside time to study, and read God's word. Use a personal journal to document your notes and answer the questions in each daily reading.*

*We've created an acrostic to help us remember some key points to turn this time of study into a time of spiritual growth and personal healing.*

**Honor God with your commitment of time to study His word.**

**Examine your heart and pray to invite Him into your study.**

**Ask God to reveal His truths in the passage.**

**Listen to what He says and write it down.**

*Digging deeper into the Gospels will reveal truths that will change the way you view healing, and most important draw you closer to our Heavenly Father.*

*May God bless you as you commit your time and heart to study His word.*

# HEAL Bible Study: Matthew

*(30 Day Study)*

## **Introduction: Meeting Matthew**

**Read: Matthew 9:9-12; Mk. 2:14-17; Luke 5:27-37**

### **Day 1**

As you begin your study in the Gospel of Matthew, it may be helpful to remember that before he was Matthew, the disciple, he had been Levi, the Jewish tax-collector for the Roman Government. He was despised for padding his own purse while serving the enemy (*Mark 2:14-17 and Luke 5:27-37*). The actual account of Jesus calling Matthew can be read here: *Matthew 9: 9-12*. Jesus sees Matthew at his tax-collecting booth and tells him: “Follow me,” and Matthew did exactly that.

Perhaps the greatest healing miracle in this Gospel must be the transformation of Matthew. From a hated traitor’s shriveled-up soul to the magnanimous Matthew, who wanted everyone to know the goodness and mercy of God for all people.

Having personally experienced the heart-and-soul healing power of the Lord Jesus for himself, Matthew was eager to recount what he had personally seen of the results of a faith-response to Jesus. This Gospel is full of his personal eye-witness accounts of the life and health restoring power of God in Christ for every kind of disease and sickness.

**Questions:**

1. What is it that you hope to gain in this study?
2. What is the need I have for Jesus as the divine physician?
3. What does the response of Jesus to the Pharisees tell me about who He has concern or care for?

## **Day 2:**

### **Read Matthew 4: 1 – 11**

#### ***Satan Tempts Jesus in the Desert***

As you are on a healing journey, your soul and spiritual healing are just as fragile as your body. Feeding your soul with God's word is critical as you heal. Why? The enemy wants to discourage you during the healing process.

This passage about Jesus being tempted in the desert by the enemy is a great example of what to do when fiery darts are hurled your way. The devil uses lies and half-truths, but notice how Jesus battled it out with the devil. He combatted Satan's lies with God's word. Jesus simply stated God's word and told Satan to leave. Immediately after the devil left, angels came and attended Jesus.

### **Questions:**

1. What thoughts are you constantly battling as you heal?
  
  
  
  
  
  
  
  
  
  
2. What does God's word say concerning your situation?
  
  
  
  
  
  
  
  
  
  
3. What can you learn from Jesus the next time you hear those bad thoughts?

## **DAY 3:**

### **Read Matthew 4: 23-25** *Jesus Heals Many People*

What if you heard today that there was a man who healed every form of disease, illness and pain? Wouldn't you make a beeline to get to him? That's what the people from Galilee did 2000 years ago. They heard Jesus was the man who had healed people, so the word got out about him.

Jesus healed every disease, not a few illnesses here or there. He healed people with severe pain, those who were demon possessed, folks with seizures and Galileans who were paralyzed. He healed every single disease of every suffering person seeking help, all while proclaiming the good news of the kingdom of God.

### **Questions:**

1. Is there any disease, pain or illness that Jesus can't heal?
  
2. Do you think he can still do that today?
  
3. What did you learn about Jesus from this passage?

## DAY 4

### Read Matthew 5: 21 – 26

#### *Healing From Anger*

Jesus teaches about the dangers of anger in this passage. Anger has an actual physiological effect on people, triggering the body's fight or flight response. These physical manifestations caused by holding onto anger can hinder the healing process.

Jesus said, "Anyone who is angry with his brother will be subject to judgment." Why such a strong statement? This is because there are spiritual implications to remaining angry or holding bitterness in your heart towards someone.

Jesus wants us to live at peace and experience emotional well-being of our soul. This is done through reconciliation. Not only should we quickly resolve any anger against someone else, He goes on to tell us that if we know someone has an issue with us, then quickly go and reconcile with them. This not only heals our hearts, but our bodies, too.

#### **Questions:**

1. Do you have someone you are angry at or who is angry at you?
2. Have you tried to settle the matter?
3. What steps do you need to take to address unresolved conflict?

## DAY 5

### Read Matthew 6: 25 – 34

#### *Freedom From Worry*

How many times have we worried about something to later find out it was nothing at all? We spend a lot of mental energy and angst fretting over what we cannot control - but God has made us a big promise. He will take care of us.

In this passage, He tells us that when we seek first His kingdom and righteousness, all of our basic needs - food, clothing and housing will be taken care of. There is no need to get bogged down with the what if's of the future. God has that covered as well. All we have to do is put Him first. And how liberating is it to give all your worries and cares to God. He can handle them. Let's focus on our lives today. We are more valuable to God than all of creation.

#### **Questions:**

1. What is worrying you right now?
2. What does this passage say to you about your worries?
3. What steps can you take to put God first in your life?

## DAY 6

### Read Matthew 8: 1 – 4

#### *Jesus Heals The Leper*

In today's passage, Jesus is in a town with a large crowd following him. A man covered in leprosy kneels before Jesus and asks this question, "Lord, if you are willing, you can make me clean."

Jesus reaches out and touches him. This is a big deal because to touch a leper would make Jesus ceremonially unclean by Jewish law. But Jesus cared more about the person than breaking any rules. He reaches out and touches the leper, and immediately the person is healed.

#### **Questions:**

1. Why do you think Jesus told the leper not to tell anyone of his healing and go directly to the priests?
2. What physical form of humility did the leper show Jesus?
3. What did you learn about Jesus in this story?



## **DAY 7**

### **Matthew 8: 5 - 13**

#### ***Jesus Heals the Roman Centurion's Servant***

Faith is the key message in this story. In this passage, a Roman centurion had a paralyzed servant for whom he's seeking healing. This Roman soldier approached Jesus and the first words out of his mouth were, "Lord."

As you read, notice the centurion's humble faith. He understood the power of submission under authority. He truly believed Jesus could heal his servant with just a word. And look at how Jesus responded. He was astonished!

This man's humble and faithful approach was eye opening. He didn't demand that Jesus heal the servant, nor did he give reasons of how great he was as a person to deserve it. He believed Jesus had the authority and ability over illness to heal, so he asked.

## Questions:

1. What did you learn about this man's faith and how he petitioned Jesus?
  
  
  
  
  
  
  
  
  
  
2. This man of authority came for healing for his servant and not himself. What does that say about his heart?
  
  
  
  
  
  
  
  
  
  
3. In the world of Spirit in which Jesus still actively heals, does physical distance matter then or now? How can you be in touch with Jesus to receive His healing power here and now?

## DAY 8

### Matthew 8: 14 - 15

#### *Peter's Mother-in-law is Healed*

The account of Jesus healing Peter's mother-in-law is in three of the four gospels. Jesus had just left the synagogue in Capernaum and went to Peter and Andrew's house. Luke's account of this story said she was suffering from a high fever. Back in those days, one could die when ill like that. Jesus went in, touched her hand and the fever left her. Immediately, she got up and began to wait on him.

When we're sick, we are dependent on others to serve us. What a delight that once healed, she wanted to serve Jesus.

#### **Questions:**

1. Did Peter's mother-in-law ever ask for Jesus to heal her?
2. What stood out to you about this healing passage?
3. What do you think Jesus expects of us after our healing?

## DAY 9

### **Read Matthew 8: 16 - 17**

#### *Healing by Night*

Evening came to Capernaum where Jesus was visiting. Waiting until evening, loved ones brought their demon-possessed family members and friends to Him. Could it be that these caregivers had been in hiding, waiting for a time when the least amount of people would see their troubled loved one? Or, could it be the expression of torment was more present during the nighttime hours and they needed help?

As they brought their loved ones, Jesus drove out the spirits with a word. The King of Kings and the Lord of Lords had the ultimate authority to cast out demons.

That night, Jesus healed all their sick, fulfilling what the prophet Isaiah had said, “He took up our infirmities and carried our diseases.”

**Questions:**

1. Do you believe people can either be possessed or oppressed by demons today?

2. The demon-possessed people didn't come to Jesus on their own. Their loved ones cared for them enough to bring them to Jesus. What do you think of that?

3. Do you know someone in your life who may need help getting to Jesus?

## DAY 10

### **Matthew 8: 23 - 27**

#### *Jesus Calms The Storm*

Jesus and his disciples sailed one evening on a small boat across the Sea of Galilee, the equivalent of a large lake. Since it was late, Jesus went to the back of the boat to sleep. Suddenly, a furious storm came without warning, causing winds and waves to rock the boat and seemingly sink it. In desperation, the disciples woke up Jesus, fearing they would drown. Upon waking Jesus said, “You of little faith, why are you so afraid?” Then, he rebuked the wind and the waves. Suddenly, all was calm.

Healing from any disease, cancer or illness is scary. It’s the scary storm in our lives that feels like it will drown us. Sometimes these illnesses come out of nowhere threatening our health and lives. It’s only natural to be frightened, just like the disciples were fearful.

However scary the storm, the key to this story is Jesus. He was right there with them before the storm came, during the raging waters, and afterwards when He calmed the storm. With Jesus on our boat, we have the Maker of the heavens and earth who can heal any disease and calm any storm. If the storm rages, Jesus’ rest is available to us in the midst of the storm. Do we trust Him to do that?

**Questions:**

1. Have you ever allowed fear to overtake you?
2. If the disciples were operating in a spirit of faith instead of fear, how might this story look different?
3. How can you live in faith instead of fear while you are healing?

## DAY 11

### **Read Matthew 8: 28 - 34**

#### ***Demons and Pigs***

Jesus encountered two demon-possessed men who were living in tombs. In other gospel accounts of this story, one of the men was so violent, he broke free from iron chains meant to contain him. People living in the area knew to stay away due to these men.

When Jesus spoke to the men, it was the demons that answered. Notice that the demons were actually scared of Jesus. They understood His power and authority as the Son of God. With one word, Jesus could send them to Hell, a place the demons didn't want to go. The legion of demons begged Jesus not to torture them before their appointed time.

So Jesus commanded the demons to leave the men. And the demons immediately fled finding their next target to torture, a herd of pigs. What a shock it must have been to the townspeople to see these formerly crazy and violent men now in their right minds. They were at peace and free from the internal prisons that had kept them in bondage for so long.



**Questions:**

1. How did the demon-possessed man act before Jesus healed him?
2. Did you notice the demons kept speaking for the man? What does that tell you about the possessed man's mind?
3. What did you learn about Jesus' authority to heal in this passage?

## DAY 12

### **Read Matthew 9: 1 - 8**

#### *Paralytic on a Mat*

Jesus had returned to Capernaum, a sea-side village on the Sea of Galilee. He preached in a home when his talk was interrupted by four guys bringing their paralytic friend or loved one through the roof of the house.

Matthew focuses his attention on Jesus' authority to forgive sins. The first thing He says to the paralytic man is, "Take heart, son, your sins are forgiven." At that point, the teachers of the law thought to themselves that Jesus' words were blasphemous. But He knew exactly what they were thinking. Notice how He associates evil thoughts with the state of their hearts.

Only Jesus can forgive sins. Jesus was more concerned with this man's spiritual condition than physical.

## Questions:

1. Why do you think Jesus put an emphasis on the forgiveness of sins?
2. It says Jesus knew the thoughts of the teachers of the law. What do you think of that?
3. To “forgive” literally means “to cast-away”. Once “cast-away”, the forgiven sin no longer exists, nor should any remainder of guilt associated with it. Faith in Jesus includes acceptance of His authority to cast-away any sin confessed and repented of, as well as removing the guilt of it from our souls. Have you asked Jesus to forgive you of your sins? Do you still carry guilt around from past sins? If you haven’t asked for His forgiveness of your sins and freedom from guilt, what are you waiting for?

## DAY 13

### Read Matthew 9: 18 - 26

#### *Two Healings*

Today's passage had two healings. First was Jairus, a synagogue ruler who knelt before Jesus as a desperate dad seeking help for his daughter. Jairus said, "My daughter has just died. But come and put your hand on her, and she will live." Can you imagine having a loved one die, yet still believing this man Jesus could bring them back? Jairus' faith was so strong that he believed Jesus could bring his daughter back to life.

While this is going on, a woman who had been suffering with bleeding for 12 years scrambled to touch Jesus in a large crowd. She believed that if she just touched his cloak, she'd be healed. So inching her way into the crowd, she touched him and at that very moment she was healed.

But here's the interesting part of the story. Jesus was walking and surrounded by people crowding up on him and pushing against him, yet he noticed the faith-filled touch of this one woman on his cloak. The woman was reaching for a very important part of Jesus' clothing. Scripture tells us that she touched the hem of his garment. This was a significant part of Jesus' cloak where a tassel or "tzitzit" hangs, and represented God's authority and reminder of His commandments.

Although many people were crowding around him and touching him, it was when the woman touched him, that Jesus actually felt his power released. There was something different about her touch. Her desperate act of faith is what caught his attention. He said to her, "Your faith has healed you."

Both the woman and Jairus were desperate for healings. Their situations both seemed hopeless, yet they still sought out Jesus as the only one who could change their fates. And Jesus saw their great faith and granted their individual requests. The scripture reading ends with Jesus bringing Jairus' daughter back to life.

**Questions:**

1. Are you in a desperate situation for healing?
2. What did you learn from Jairus and the bleeding woman as they sought Jesus ?
3. What did you learn about Jesus from this story?

## DAY 14

### **Read Matthew 9: 27 - 31**

#### ***Healing the Blind Men***

Cover your eyes for a second and experience darkness. Now imagine how that must feel if you can't see your surroundings. You are dependent on others for help and using your other senses. These two blind men must have heard the amazing stories of those healed by Jesus. Imagine them hearing the grateful cries of someone who was touched by him and healed. So when they heard he was in town, they followed the voices and cried out for mercy. And Jesus heard them.

Look what He said to them, "Do you believe that I am able to do this?" And their reply showed their reverence for his authority and ability. "Yes, Lord." And Jesus answered by touching their eyes and saying, "According to your faith will it be done." And their sight was restored immediately.

**Questions:**

1. Why do you think they asked Jesus to have mercy on them?
2. What role do you think their faith played in being receptive to Jesus' power to heal?
3. Do you believe Jesus is able to heal you or your loved one?

## DAY 15

### **Read Matthew 9: 32 - 34**

#### *Healing the Mute*

Think about someone you know that you've seen daily for years. Now imagine if that person was mute and had never spoken in your presence. If one day that person was able to speak to you, it would be a miracle and you wouldn't forget it.

People brought a demon-possessed man to Jesus to be healed. The demon caused this man to not speak. Jesus cast the demon out and his voice was restored.

Now imagine what he must have said for the first time! I'm sure he had a lifetime of things to say at that moment. It must have been a sight. The crowd said, "Nothing like this has ever been seen in Israel."



## Questions:

1. What do you think about the fact that a demon caused him to be mute?
2. It says the man was brought to Jesus for healing, meaning he couldn't seek Jesus for himself. Are there people today in similar situations?
3. We know that not all cases of infirmity are the result of demonic possession or oppression. What does this passage reveal to you about Jesus' power in every need for healing and deliverance?

## DAY 16

### Read Matthew 9: 35 - 38

#### *Jesus has Compassion on the Crowds*

Jesus traveled through the towns and villages teaching, preaching and healing every disease and sickness. This scripture makes a point to describe the crowds he encountered as harassed and helpless, like sheep without a shepherd. But the Good Shepherd had arrived and was able to meet their every need.

Jesus saw these heavily burdened people with eyes of compassion. But he didn't just see their physical ailments, he saw what burdened their hearts and souls. He saw a field of people ripe for a spiritual harvest and he challenged his disciples to pray and ask the Lord to send more workers.

#### **Questions:**

1. Have you ever felt beaten down and helpless like the crowds in this story?
2. What does this tell you about Jesus' desire for healing beyond the physical?
3. What is our role when it comes to the harvest field?

## DAY 17

### Read Matthew 10: 1 - 8

#### *Authority to Heal*

In the military, commanders delegate authority to those serving under them. For certain tasks, these subordinates are allowed to act and make decisions without seeking approval from higher headquarters.

In this passage, Jesus delegated authority to the 12 disciples to drive out evil spirits and to heal every disease and sickness. Can you imagine having that kind of power? When humbly submitted to Jesus' authority, the disciples were able to do miracles and heal people by the power of Jesus.

#### **Questions:**

1. Why do you think Jesus gave the disciples the authority to drive out demons and heal the sick?
  
  
  
  
  
  
  
  
  
  
2. Do you believe Jesus still gives that authority today?
  
  
  
  
  
  
  
  
  
  
3. What do you think Jesus means when he says the kingdom of heaven is near?

## DAY 18

### Read Matthew 11: 28 - 30

#### *Weary and Burdened*

When we or a loved one is struggling with pain, a disease or an illness, it's a huge burden we carry with us daily. That burden can manifest in anxiety, stress, depression, worry, disillusionment, weakness and fear of the future.

Jesus gives us a great illustration of how He's willing to walk with us side by side and carry our burdens. Have you ever seen a pair of oxen being yoked? The yoke is a wooden beam that connects two oxen to enable them to pull a heavy load. So Jesus is saying that when we are worried and burdened, we should pair up with Him.

Jesus desires us to walk side by side with Him, to learn from Him. Together, yoked with Jesus, we can all handle heavier loads and accomplish far more. He describes his yoke as easy, but there is work to be done. In the Spiritual world, being yoked with him is an act of faith. It's not a wooden piece you hang over your shoulders, but means coming into a yoked and submitted relationship with Jesus. It means we are not facing our life alone.

To learn more about what it means to have two oxen yoked together, watch here:

<https://www.nytimes.com/video/dining/100000000802394/how-to-yoke-oxen.html>

## Questions:

1. What is weighing you down?
2. An “easy yoke” is a “custom” yoke of a particular animal, so it does not chafe or hurt when it is worn. What does it mean to you to drop your yoke and come under the “easy” yoke of Jesus?
3. How does that make you feel to think about joining up with the “Yoke-Master”, who is gentle and humble in heart?

## DAY 19

### Read Matthew 12: 9 - 14

#### *Healing a Man's Hand*

This story is a great example of obedience when it may not seem to make sense. A man had a shriveled hand. If you've ever seen people with certain disorders or ailments that curl up their hands, it would be impossible to stretch it out.

Notice Jesus didn't say, "Show me your hand." That would have made sense and had been practical, but He said, "Stretch out your hand." That required the guy to obey and do what didn't seem possible. But as he started moving his arm and hand towards Jesus, he activated his faith. The result was that Jesus restored his hand, just as sound as the other one.

#### **Questions:**

1. What could God ask you that would stretch your faith if you were to obey?
  
  
  
  
  
  
  
  
  
  
2. Do you think the man would have been healed if he simply showed his hand?
  
  
  
  
  
  
  
  
  
  
3. Is there something you're afraid to do that God is asking of you?

## DAY 20

### Read Matthew 12: 22 - 30

#### *Jesus Heals a Blind and Mute Man*

In this passage, Jesus heals a blind and mute man who was demon-possessed. The people who saw this healing were astonished and wondered if he was the Son of David, yet not everyone in the crowd was for Him. The Pharisees accused Jesus of working for the devil. Jesus knowing their thoughts, admonished them about creating division amongst the people.

“Every kingdom divided against itself will be ruined...” These Pharisees were not there to celebrate the healing of this man. They were naysayers and causing division. Jesus warned them, “He who is not with me is against me, and he who does not gather with me scatters.” In this passage, when Jesus saw those suffering from attacks of the enemy, He asserted His authority to gather and destroy the evil spirits. He accused the Pharisees who opposed Him, of scattering those spirits abroad. In doing this, He teaches us how to do spiritual warfare, explaining that one must bind the enemy (“the Strong man”) in order to rob him of his victims.

In order for us to do this, He has given believers the right to pray in the authority of HIS NAME to bind and gag harassing enemy spirits, and command them to leave our presence and send them to Jesus for their ultimate destruction.

**Questions:**

1. Have you experienced naysayers in your life? How did you respond?

2. Why is unity in ministry important to Jesus?

3. In light of this authority, what do you think Jesus meant when He said “the kingdom of God has come upon you?”



## DAY 21

### Read Matthew 13: 10 - 17; 53-58

#### *The Faith/Miracle Connection*

Calloused hearts are at the core of this passage. Jesus explains why he preaches in parables speaking words from Isaiah's prophecy:

“For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.” Matthew 13:15

Jesus mentions the multi-factors involved in true understanding of the gospel, eyes, ears and heart. Healing was brought forth from a heart of faith and belief - Jesus was later preaching in his hometown of Nazareth, but people couldn't wrap their minds around the fact that this son of the local carpenter could perform miracles. In fact, it says they took offense at him. And because of their lack of faith, Jesus did not do many miracles there.

There is a strong connection between our faith and healing. God even says in Hebrews 6:11, “And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.” Where does faith come from? Romans 10:17 reminds us, “So then faith comes by hearing and hearing by the word of God.” 1 Corinthians 12:9 says that such faith is granted as a Gift of the Spirit.

**Questions:**

1. How can a calloused heart impact healing?
2. Why do you think God puts an importance on faith?
3. Do you think you have to get more faith to produce results?

## DAY 22

### Read Matthew 14: 13 - 14

#### *Serving While Grieving*

Jesus had just gotten word that his cousin John the Baptist had been executed by Herod. Upon hearing the news, Jesus got on a boat to be by himself. He used this time of grieving to seek and be alone with His Heavenly Father. As the Son of God and the Son of Man, he was grieving and needed to be comforted.

When He landed on the shore, a crowd was there to meet Him believing he could heal the sick. Notice what he did when he saw them. He had compassion on them and met their needs. Even in his grief stricken state, He was others-focused.

Sometimes serving others while you are grieving or hurting is a great way to take the focus off of your situation for a bit. That alone has a healing effect.

#### **Questions:**

1. When you have grieved the loss of someone, how did you respond?
  
  
  
  
  
  
  
  
  
  
2. Have you taken time alone with your Heavenly Father?
  
  
  
  
  
  
  
  
  
  
3. What might be the benefits of serving others while you grieve or heal?

## DAY 23

### Read Matthew 14: 22 - 32

#### *Fixing Our Eyes On Jesus*

Picture this. You are out on a boat late at night. The winds are whipping around you, the boat is rocking and you don't feel safe. Then, you see a figure walking on the water, looking like a ghost. How would you react?

Peter called out to Jesus and said, "Lord, if it is you, tell me to come to you on the water." That's bold! And when Jesus told him to come, he stepped out onto the water into the miraculous.

But here's the lesson for any of us that are healing or in a turbulent part of life; Peter walked on water when he fixed his eyes on Jesus. When he looked at his circumstances and saw the strong winds, he lost faith and began to sink. And who was there to catch him but Jesus?

If we focus on our illness, pain, or bad diagnosis and not the all-powerful Great Physician, our emotions and outlook will sink. Let's fix our eyes on Jesus who is there no matter how scary your situation.

## **Questions:**

1. Why do you think Jesus chose to meet the disciples in this fashion?
  
  
  
  
  
  
  
  
  
  
2. As you or a loved one is battling an illness, do you naturally focus on your circumstances or God who can change them?
  
  
  
  
  
  
  
  
  
  
3. What practical ways can you begin to fix your eyes on Jesus daily?

## DAY 24

### Read Matthew 14: 34 - 36

#### *Reaching Out*

Jesus and the disciples arrived at a small town and word spread fast that the healer was present. People from all over brought their sick loved ones in the hopes that Jesus would heal them.

All who touched Jesus were healed. Notice the key words in this story, *all who touched*. Touching required that the sick person would have to stretch beyond their comfort zone, push past the pain and reach out. The Bible doesn't say all the sick were healed that day, only the sick people who touched Jesus. They demonstrated an act of faith by mustering any strength they had to reach out to Jesus. He was their Great Physician and ultimately their healer.

#### **Questions:**

1. Have you ever felt so desperate that you'd do anything to be healed?
2. What did the ones who were healed do that was different?
3. What did you learn about Jesus in these verses?

## DAY 25

### Read Matthew 15: 21 - 28

#### *Interrupting Jesus*

In this passage, Jesus was visiting a home in the region of Tyre and Sidon. He was visiting the shore of the Mediterranean Sea, probably taking a vacation outside of Israel. The Gospel of Mark tells us that Jesus wanted to keep his presence a secret, but word got out quickly. A Canaanite woman interrupted his solitude and finding Him begged him to heal her demon-possessed daughter. His disciples, trying to protect his time alone, wanted to send her away, but she kept persisting. Begging, pleading, interrupting, she would not give up until she had an audience with Jesus.

Look at what she said as she knelt before him. “Lord, help me!” This weary mom was at her wit’s end, yet she believed Jesus could heal her young daughter. Remember that this woman refused to be put off.

Scriptures tell us that she was not an Israelite but a Canaanite, whom the Jews called “dogs”. Even though dogs are beloved pets, there is a time and place to be fed. Jesus tested her faith with this analogy: “It is not right to take the children’s bread and toss it to their dogs.” Her response was humble, faith-filled and acknowledged that she knew who He was, her Master.

It was because of her great faith that Jesus healed her daughter that very hour.





## DAY 26

### **Matthew 15: 29 - 39**

#### ***Healing Brings Praise***

Jesus had just been in the region of Tyre and Sidon. He came back to the Sea of Galilee and sat down on a mountainside. Once he got there, crowds came all looking for healing.

They did not come to hear a good sermon or message. They came seeking a man who they believed could heal their loved ones. For three days, they brought the lame, blind, mute and crippled all to be healed. The miracle was that Jesus healed them all. This resulted in a huge praise party for God.

But then another miracle was yet to come. These people had not eaten in three days and instead of Jesus sending them home hungry, He had compassion on them. He asked his disciples what they had available to them - seven loaves of bread and a few small fish.

What's beautiful in this passage is that we never see the reproduction of the fishes and loaves all in one place. Instead, Jesus breaks the loaves and passes them on to the disciples, who in turn, break their pieces and pass them on, and it continues until everyone is fed and seven basketfuls are left over. In the end, because a few people surrendered their last meal, 4,000 men plus women and children had their fill.

Notice they started with seven loaves and ended with seven basketfuls. Jesus used their offering and multiplied it beyond their need.

**Questions:**

1. What was the end result of healing the multitudes of people?
2. What are the lessons that we can learn from this story about trust and surrender?
3. Is there something in your life that you are holding on to that God can use to help others?

## DAY 27

### **Matthew 17: 14 - 21**

#### *Jesus Heals a Boy*

Parents struggling with sick children are themselves caught in a great struggle. They would do anything to take the disease, pain or illness from their children, yet sadly they can't. The father in this story was in a desperate situation. He had a son who was being spiritually and physically tortured by demons. In this account, we have an insider's view of just how much the little boy was being tortured. It describes seizures, and attempts to end his life by being thrown into the fire or water. Can you imagine how hopeless the father must have been? This man had already sought the help of the disciples to rid the demon, to no avail. His final measure was to seek Jesus.

When he approached Jesus, the man knelt down, dejected and weary and described the torture of the tormenting spirits. But the enemy was about to lose this battle. Jesus rebuked the spirit and healed the man's son.

When we or a loved one are sick or spiritually tortured, we can learn from the man in this story. Let Jesus be your first stop and not your last. He is your ultimate healer. He is your comforter, your shepherd, your encourager, your strength and your protector. He holds your life in his hands and will walk with you in any storm you face.

**Questions:**

1. What does the posture of the father's approach to Jesus say to you?
2. Why do you think the disciples couldn't remove the spirit?
3. What kind of changes can we put in our life so that we are running to Jesus first and not last?

## DAY 28

### Matthew 20:29 - 34

#### *The Squeaky Wheel*

You've heard the phrase, "the squeaky wheel gets oiled." These blind men were the squeaky wheels in the story. They heard Jesus was passing by and yelled to get his attention. They probably had heard he was a great healer and had nothing to lose by trying to get his attention. They yelled so loud the crowd told them to be quiet. Then instead of quieting down or doing what was socially correct, they risked embarrassment and yelled even louder, "Lord, Son of David, have mercy on us." That got Jesus' attention.

How many times do we pray once and then give up when we don't see the answer quickly? Do we pray louder and more impassioned? Desperate cries out to God sometimes yield some of His biggest miracles.

#### **Questions:**

1. Is there something you have prayed for but given up when you didn't see the answer?
2. What would you tell Jesus if he asked you, "What do you want me to do for you?"
3. What was Jesus' reaction to them as they yelled for his attention?

## DAY 29

### Matthew 26: 36 - 46

#### *Jesus the Empathetic Savior*

Have you ever been in a time of deep sorrow and anxiety? Did your circumstances overwhelm your heart to the point of death? If you've felt that way before, you are in good company. Jesus felt like that when He was in the Garden of Gethsemane. As fully human, he dreaded the pain and suffering of going to the cross. He knew what was to come, and yet scripture tells us that Jesus prayed and asked God to take the cup away from Him. His final surrender we read is that not his will, but the Father's will be done. Talk about surrendering the outcome. Jesus was fully the Son of God and He knew that dying on the cross was the ultimate way to conquer death and provide salvation for all who believe.

When we shift our focus to his disciples in the account, what do we see? Jesus described his state of His soul as being "overwhelmed with sorrow to the point of death." At that moment, he sought support from his friends, asking them to keep watch and pray with him. To his disappointment, they fell asleep, and Jesus admonished Peter about not being able to stay alert for one hour. He then tells his disciples, "Watch and pray so that YOU will not fall into temptation. The spirit is willing, but the body is weak."

If you ever feel you are going it alone in your healing journey, be encouraged that Jesus feels your pain and understands the deep trouble and anxiety you face. In fact, He won't let you go it alone. As your empathetic Savior, He'll carry you through it.

**Questions:**

1. Does it comfort you to see that Jesus also struggled with sorrow?
2. Do you have “a cup” you’ve been asking God to take away from you?
3. How does prayer change your circumstances?

## DAY 30

### Read Matthew 28: 1 – 20

#### *Jesus is Resurrected*

These passages are centered on our ultimate path to healing and conclude with the great commission to make disciples, baptizing them and teaching them to obey what Jesus had commanded. The account of Jesus' resurrection begins with his grieving friend, Mary, who went at the crack of dawn to "look at his tomb". She was visiting her loved one's gravesite when what seemed a violent earthquake, was an angel of the Lord whose appearance was full of splendor and glory. He passed along an important message that was to be shared with everyone: "Jesus, who was crucified is not here; He has risen, just as he said."

With the greatest event in history having taken place, you would think that the chief priests and "men of the cloth" would be rejoicing, but instead - they were scheming and devising plans for cover-up. We don't hear of Jesus being distracted by the schemes and lies, instead we see Him focused on the goal. With all authority of heaven and earth given to him, He charges his disciples with a great commission: "to go and make disciples of all nations". That includes baptizing them in the name of the Father, and of the Son and of the Holy Spirit, and teaching them to obey all that he had commanded. The best part is that Jesus didn't leave them alone, with comforting words he says: "*I am with you always, to the very end of the age.*"

Without this crucial event in history, we would still be slaves to sin with no means of atonement. Jesus was crucified on a cross, buried, and then raised to new life so that we can have eternal life. The gospel of Matthew is the true account of Jesus whose life and death pointed to our Father in Heaven. Everything He did was



for His Father's will and was to bring salvation to all people. The healing accounts teach us so much about a Savior that cares more about our wholeness, than just our physical healings. Did you know that the word wholeness also means salvation?

Without the forgiveness of sins, we are walking around in spiritual bondage. Jesus' death on the cross for our sins and his resurrection leads to the ultimate healing, no matter if your physical body is ever fully restored here on earth. Through his resurrection and the forgiveness of our sins, we have an eternal home with eternal bodies that will never fail us or need healing again.

As you heal, have you sought Jesus for the forgiveness of your sins? If you haven't asked Jesus to be the Lord of your life and to forgive your sins, we want to invite you to do that now. Pray this simple prayer out loud and in your heart:

*“Dear Jesus, I know that I am a sinner and need your forgiveness. I believe you died on the cross for my sins and rose from the dead. I trust you as my Lord and Savior. Please help me to daily surrender to your will. In Jesus name, amen.”*

**Questions:**

1. Have you asked Jesus to forgive you of your sins?
2. What does wholeness mean to you?
3. What is Jesus calling you to do?

*This study was originally published as part of the H.E.A.L. Bible Study, an initiative of HealingStrong. For more information about HealingStrong and how you can connect with local groups in your area, please go to: [www.healingstrong.org](http://www.healingstrong.org)*

<b>H</b> <b>Honor</b> God with your commitment of time to study His word.	<b>E</b> <b>Examine</b> your heart and pray to invite Him into your study.	<b>A</b> <b>Ask</b> God to reveal His truths in the passage.	<b>L</b> <b>Listen</b> to what he says and write it down.
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## Meet Our H.E.A.L. Team



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*HealingStrong is a non-profit 501c3 organization that empowers HealingStrong Groups in communities across the world. Our desire is to see people walking in wholeness - body, soul and spirit. Our groups are always free to the public and HEAL Bible Study is part of the initiative to teach people the message of hope in healing through Jesus and the power of His Word. More than 250 people a day are downloading these Bible studies on the Bible App or Bible.com, and HEAL is being offered as part of the HealingStrong@Home curriculum.*

*Everything we do is made possible by your prayers and gifts, and we want to thank you personally for sharing your love of the Lord so that others can know Him, too.*

*We are thankful for all He has done and hopeful for all He will do. To God be the glory!*

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