



HEALING IS HERE



Pastor Kennedy Young, Jr.

BIBLE STUDY SERIES

MOUNT ZION MISSIONARY BAPTIST CHURCH



Healing is Here × MZLA

2026

Lesson Series: "Healing is Here"

Week 1: Inner Healing (Emotional & Mental)

Biblical passage: Psalm 147:3-10

Focus: Healing from deep emotional wounds, feelings of abandonment, and experiences of humiliation.

Sermon Focus:

1. Introduction to Inner Healing

- Define the concept of inner healing and discuss its significance within the Christian faith.
- Share relatable personal anecdotes that highlight the impact of emotional scars.

2. Scriptural Insights

- Examine how the Lord promises to mend the brokenhearted and bind up their wounds.
- Discuss the critical importance of recognizing and acknowledging our emotional injuries as the first step toward healing.

3. Jesus' Ministry of Healing

- Highlight specific examples from the Gospels that demonstrate Jesus' compassionate approach to healing emotional pain.

4. Practical Steps to Healing

- Encourage practices such as prayer, journaling, and seeking professional counseling.
- Emphasize the vital role of community support in the healing process.

Week 2: Physical Healing

Scripture Passage: James 5:13-16

Focus: Addressing physical ailments and chronic pain.

Sermon Focus:

1. Understanding Physical Healing

- Discuss the biblical perspective on sickness and the divine promise of healing.

2. Faith and Healing

- Explore the integral role of faith in the healing process, as illustrated through various accounts of Jesus' miracles.

3. Practical Application

- Encourage believers to engage in prayer for one another, underscoring the power of communal prayer in effecting healing.

Small Group Guide

Discussion Questions:

1. How has chronic pain or illness influenced your faith journey?
2. What steps can we take as a community to fervently pray for those in need of physical healing?

Application Activity:

- Compile a prayer list specifically for individuals seeking physical healing and commit to regular prayer for them.
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Week 3: Spiritual Healing

Scripture Passage: 1 John 1:5-10

Focus: Overcoming sin, bitterness, and spiritual desolation.

Sermon Focus:

1. The Nature of Spiritual Brokenness

- Discuss the consequences of sin and how it creates distance between us and God.

2. Confession and Forgiveness

- Emphasize the critical role of confession in restoring our relationship with the Lord and receiving His forgiveness.

3. Christ's Redemptive Work

- Highlight the significance of Jesus' sacrifice as the ultimate healer of our spiritual wounds.

Small Group Guide:

Discussion Questions:

1. What sins or feelings of bitterness do you need to bring before God for healing?
2. How can we cultivate a culture of grace and acceptance within our group?

Discussion Questions:

- 1. Which relationships in your life require healing and restoration?
- 2. How can we actively assist each other in the process of forgiveness and reconciliation?

Application Activity:

- Write a letter of forgiveness to someone who has caused you pain, whether you choose to send it or not.

Week 5: Emotional Freedom (Releasing Control)

Scripture Passage: Philippians 4:6-7

Focus: Letting go of persistent anger, fear, and the need for control.

Sermon Focus:

1. Understanding Control and Anxiety

- Discuss how the desire to control situations can lead to emotional turmoil and distress.

2. Scriptural Insights on Freedom

- Explore how true peace is found in surrendering our worries and control to God.

3. Practical Steps to Emotional Freedom

