# **Restored Week 2**

Promises Of Scripture

Jesus taught that our dependance on Scripture and assurance of God’s promises brings power to the life of the follower of Jesus. While Jesus didn’t need healing due to brokenness, he did demonstrate the role of Scripture in his life when he needed delivery from attacks of the enemy in the wilderness. When we need deliverance from attacks or healing in areas of emotional, physical, or spiritual, the promise of God and the power of his Word plays a huge role. As we seek healing, memorizing Scripture, singing Scripture, and proclaiming the promises of Scripture is a way to seek God’s healing in our lives. By trusting God at his Word we see how much he desires to see us whole. The Father has promised us opportunities to see His Kingdom come to us and our bodies. It’s exciting to see how God uses healing as a way to see his power, provision, and character.

**Read Scripture**: Luke 4:1-13

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, **2**where for forty days he was tempted[[a](https://www.biblegateway.com/passage/?search=Luke%204%3A1-13&version=NIV#fen-NIV-25066a)] by the devil. He ate nothing during those days, and at the end of them he was hungry.**3**The devil said to him, “If you are the Son of God, tell this stone to become bread.”**4**Jesus answered, “It is written: ‘Man shall not live on bread alone.” **5**The devil led him up to a high place and showed him in an instant all the kingdoms of the world. **6**And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. **7**If you worship me, it will all be yours.” **8**Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’[]” **9**The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. **10**For it is written: “‘He will command his angels concerning you to guard you carefully; **11**they will lift you up in their hands, so that you will not strike your foot against a stone.’” **12**Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’” **13**When the devil had finished all this tempting, he left him until an opportune time.

# **Questions:**

1. Has the memorization of Scripture played any role in your spiritual life?
2. How do you think this prepared Jesus for his ministry, which would start immediately after this?
3. Hebrews 4:12 says *“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.”* Based on this verse, how do you think Scripture plays a part in spiritual healing? In emotional healing? In physical healing?

# **The Practice- Meditation and Speaking Scripture**

# **Mediation**

We are to meditate on God's Word day and night (Joshua 1:8)**.**

Faith and healing grow as you meditates on Scripture. Here is a simple 7 step biblical meditation process for this week.

1. Write the verse out, memorize it. (Psalm 103 is a good one)
2. Quite your mind and tune to the Holy Spirit's presence.

“Lord, fill me with the Holy Spirit.”

1. Picture and whisper the verse softly with your eyes closed.
2. Let Spirit flow guide your reasoning process.
3. Journal and record God’s illumination concerning the verse.
4. Feel and record God's heart toward you through the verse.
5. Act in obedience on what God reveals and speaks.

Mediation Verse

Psalm 103

**1**Praise the Lord, my soul;
    all my inmost being, praise his holy name.
**2**Praise the Lord, my soul,
    and forget not all his benefits—
**3**who forgives all your sins
    and heals all your diseases,
**4**who redeems your life from the pit
    and crowns you with love and compassion,
**5**who satisfies your desires with good things
    so that your youth is renewed like the eagle’s.

**6**The Lord works righteousness
    and justice for all the oppressed.

# **Speak it!**

Here’s a list of Scriptures for you to declare as a group and individually

**Exodus 23:25, ESV**You shall serve the Lord your God, and he will bless your bread and your water, and I will take sickness away from among you.

**Speak It!**As I worship the Lord, He meets all of my needs; He will take sickness away from me.

—

**Psalm 103:2–3, ESV**Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases.

**Speak It!**I bless the Lord and I stand on the promise of His benefits that He forgives my sin and heals all of my sickness.

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**Isaiah 53:5, ESV**But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed.

**Speak It!**Jesus was pierced for my rebellion; He was crushed for my sin; He was beaten so that I have peace; By His wounds, I am healed!

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**Matthew 4:23, ESV**And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people.

**Speak It!**Jesus healed every disease and affliction; I believe He will heal me, too.

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**Romans 8:11, ESV**If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

**Speak It!**
Because God’s Spirit lives in me, He gives me life and strength. He brings healing to my body.

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**James 5:14–15, ESV**Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up.

**Speak It!**When I’m sick I will call for the elders to pray and to anoint me with oil. The prayer of faith will heal me; the Lord will raise me up! I will also call others in my group or community to pray in faith for me!