



Relationship with God - Session 6: Will God Heal My Wounds?

***{Start with reviewing the previous Meetings Challenge or discuss prior to sharing this week's challenge.}**

Opening Prayer: Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: 2 Cor 12:7b-10

After the Reading Conclude with this prayer:

Dear Jesus, we come to You today wounded and weak. We willingly give You access to our hearts through our wounds. Shower us with the grace we need to walk in holiness in the midst of our weakness and we pray that Your power is made visible through our weakness. In Your Name. Amen

Reflection or Discussion Question:

1. What does verse 2 Cor 12:9 “...My grace is sufficient for you, for power is made perfect in weakness.” I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me.” mean to you?

YouTube Video: Will God Heal My Wounds? with Fr. Mike Schmitz (8:48 Min) -

<https://www.youtube.com/watch?v=OUzWbZWkh6A>

Reflection or Discussion Questions:

2. Fr. Mike Schmitz says freedom is not the power to do what I want, it’s the power to do what I ought to do. Does this resonate with you?
3. What comes to mind when you hear “God doesn’t just heal us from our wounds; He can heal us through our wounds”?
4. Have you ever experienced, or witnessed someone being content with weakness?
5. How have you felt close to God in the midst of suffering? Have you experienced wounds as “God’s access points to our hearts?”
6. How can you start living the freedom and power of “doing what I ought to do” today?

Session Challenges: {Choose one, two, or all}

- Pray on the thought that “when we are weak, we are strong.”
- Read the Catechism of the Catholic Church sections [553](#) and [1445](#).
- Make an effort to attend confession this week as a step toward spiritual healing.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Lord, if it’s Your will that we live in the midst of our circumstances, if it’s Your will that we are not healed from our wounds, if it’s Your will that we experience woundedness, please help us to be content with our weakness for the sake of You, Lord, because when we are weak, we are strong. We lift up our hearts to You and offer our individual intentions that may be weighing heavy on our hearts at this time.... {allow time for people to offer up any prayers for themselves or others} We pray for these intentions and those left unsaid. In Your name, Jesus Christ, Amen.