



Year C – 28th Sunday in Ordinary Time: Faith and Healing

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

Let's Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence, shake off all distractions of the day and remember that God is always with us.

Read: **Luke 17: 11-19** - <https://bible.usccb.org/> - 10/9/2022, 10/12/2025, 10/15/2028

After the Reading Conclude with this prayer: *Heavenly Father, You desire to heal our wounds today. Our wounds are physical, mental, and spiritual. Grant us the courage and grace to see our wounds, own them, and humbly show them to You, faithfully knowing You can heal us according to Your will. Refresh us, oh Lord. Amen.*

Reflection or Discussion Questions:

1. Have you or someone close to you experienced physical healing from God? What was that like?
2. God heals many types of wounds. Share a time when you were like the one healed leper that thanked Jesus?

YouTube Video: Healing from the Wound of Sin with Fr. Schmitz (8:44 min) - <https://youtu.be/omyk2K3oG4I>

**NOTE to leader: today's topic and video is quite deep and conversational success will depend on individuals' willingness to be vulnerable.*

Reflection or Discussion Questions:

3. Have you or anyone you know ever felt like your past disqualifies you from the love of God and from freedom/healing?
4. Fr. Mike mentions that discouragement is one of the strongest weapons of the enemy. When have you felt most prone to discouragement? How was that discouragement resolved? Was it resolved?
5. When speaking about woundedness and the consequences of wounds, Fr. Mike shares, "Just because I can't do everything, doesn't mean I can't do anything." How does this quote speak to you?
6. Fr. Mike mentions that sometimes our wounds can work for good. It's our wounds that can bring us back to the Lord. It's our wounds that remind us of our dependence on God. Have you experienced this truth in your own life or in the lives of people around you? Please share.
7. Fr. Mike explains that every day we should ask God for His grace to live the life He calls us to even though we may not be fully healed. Is there a situation in your life where you could use God's grace that you would like to share?
8. **PRAYER IDEA:** after group conversation consider taking a moment before the closing prayer to have each member of the group be prayed over. What does this look like? It's as simple as all members extending their hands over or even laying their hands on a single person at a time and the leader saying something like, "Lord, Jesus. You are our divine and perfect healer. Together we pray for _(name)_ that you may heal him/her and free him/her from all physical, mental, emotional, and spiritual wounds. We also pray that any consequence from these wounds may bring _(name)_ closer to your healing heart. Jesus, we pray that you dispel all discouragement from _(name)_ so he/she continually knows of your eternal Love. We ask all this in the powerful name of Jesus Christ our Lord. Amen."

Session Challenge:

- Spend some time each day prayerfully reading and reflecting with Psalm 30. It's short, but allow the words to enter your mind and soul and think, "what wounds should I lay before the Lord to heal?"

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Lord, You invite all who are burdened to come to You. Allow Your healing hand to heal us. Touch our souls with Your compassion for others. Touch our hearts with Your courage and infinite love for all. Touch our minds with Your wisdom, that our mouths may always proclaim Your praise. Teach us to reach out to You in our need, and help us to lead others to You by our example. Most loving Heart of Jesus, bring us health in body and spirit that we may serve You with all our strength. We ask all this in Jesus' name. Amen.*

{Optional additional Readings} Sunday Reading 1: **2 Kgs 5:14-17**; Sunday Reading 2: **2 Tm 2:8-13**