

## MINISTRY OF HEALING

### Chapter 1: Our Example

1. During His three-year ministry, Jesus “devoted more time to healing the sick than to preaching.” However, His miracles were “sermons” in themselves. What did the miracles reveal?
2. Jesus did not try to be a sensational healer. There was a deeper reason involved in His healing ministry. What was His purpose?
3. In His teaching ministry, to what did Christ seek to draw attention?

### Chapter 2: Days of Ministry

1. Since Christ shunned outward display, what gave evidence of His divinity?
2. Christ’s followers are to be the “lights of the world.” But this is not to suggest super-human effort. How are Christians to “let their light shine”?
3. In choosing men and women for His work, what does God look for?
4. The ministry of Christ included children. Even in children He saw subjects of His kingdom. What did He appreciate about them? What was His method of reaching them?

### Chapter 3: With Nature and With God

1. As we observe Christ’s life on earth, what was the secret of His power?
2. In what respects did the childhood of Jesus differ from that of many children today?
3. Jesus did much of His ministry in nature. In what ways can we do more of our work, teaching, and recreation in nature?
4. In Mark 6:31, Jesus invited His disciples to come rest for a time. What lessons can we learn from Jesus about taking time to rest?

### Chapter 4: The Touch of Faith

1. What is true faith?
2. When the woman suffering from bleeding for twelve years touched the hem of Jesus’ garment she was healed. What is the significance of touching the hem of Jesus’ garment?
3. What is the best way to help those struggling with wrong habits?
4. Is there an area in your life, physical or spiritual, in which you need healing? Ask Jesus to heal this area of your life.

### Chapter 5: Healing of the Soul

1. Jesus did not refuse to heal those who had brought disease upon themselves through their lifestyle habits. Why not?
2. When the paralytic was lowered from the opened roof to Jesus, why did Jesus first offer forgiveness?
3. The paralytic was able to reach Jesus only because his friends assisted him. How can we help those who need healing of body and/or mind reach Jesus?

### Chapter 6: Saved to Serve

1. Why did Jesus not allow the two newly healed demoniacs to stay with Him? Read Matthew 8:28-34.

2. The healed demoniacs did not have perfect characters, yet Jesus sent them as missionaries in their region. Why does God sometimes use even “questionable characters” to spread the gospel? What lessons can we learn from this story about dealing with people of questionable character?
3. What happens to us when we share the gifts that God imparts?

### **Chapter 7: The Coworking of the Divine and the Human**

1. What is the true cause of many diseases?
2. What health principles should physicians teach their patients?
3. What is the only way that God’s health counsels can be kept?
4. Though one may not be a physician, what role can he play in healing the body, mind, and heart?

### **Chapter 8: The Physician, an Educator**

1. It seems that diseases are becoming more numerous, frequent, and powerful. What is causing this trend?
2. What are the best remedies to aid in recovery from sickness and protecting health? These remedies are not always appreciated. Why not?
3. Compare learning good health habits to sports training.
4. What encouragement can we give to someone who finds natural remedies to work too slowly and gradually?

### **Chapter 9: Teaching and Healing**

1. Why are physicians and pastors encouraged to work together?
2. What was Christ’s method of reaching people? Will this give Christians true success today?
3. Why is gospel proclamation enhanced when linked with health instruction?

### **Chapter 10: Helping the Tempted**

1. What should be the strongest bond of union between Christ and humanity?
2. By beholding and contemplating the “mystery and glory of the cross we are to discern His estimate of the value of the soul.” When you do this, what will be the result?
3. Having one’s errors pointed out is always humiliating. What are some ways you can make the experience easier?

### **Chapter 11: Working for the Intemperate**

1. Often in helping the intemperate we must give first attention to their physical condition. Give examples where Christ did this.
2. What practical steps would you take to help free a person from vice and live a life of victory?
3. Helping the intemperant is not an easy task because they can often be repulsive and have a forbidding appearance. What are some ways that you can overcome your inhibitions and reach out to these precious souls for whom Christ died?

### **Chapter 12: Help for the Unemployed and the Homeless**

1. Why is it not wise merely to give people hand-outs?
2. “Attention should be given to the establishment of various industries so that poor families can find employment.” What industries could you or your church develop as an outreach to the poor?

3. “While helping the poor in temporal things, keep always in view their spiritual needs. . . . Teach the gospel in simple object lessons.” What are some simple object lessons that you could share?

### **Chapter 13: The Helpless Poor**

1. It is the church’s responsibility to care for its “needy and helpless ones.” What two groups of people are “objects of the Lord’s special care”?
2. “No one can practice real benevolence without self denial.” Can you think of things in your life that you can do without in order to have greater resources to help others?
3. Read Luke 6:35. What should be your motive for helping others? What is the promised result in your life?

### **Chapter 14: Ministry to the Rich**

1. “Special effort could be made” to reach wealthy individuals, such as Cornelius (read Acts 10:1, 2). What are some ways we can seek to minister to the upper classes?
2. When the apostle Paul reasoned with the philosophers in Athens, he saw that his first approach to witnessing bore little fruit, therefore he adopted a different method. What two methods did he use? Which one proved successful?
3. Read 1 Peter 1:18, 19. Whether one is rich or poor, what is of highest value in God’s eyes? What was the great price paid for that which God values?

### **Chapter 15: In the Sickroom**

1. Those who care for the sick should give attention to what four things?
2. If a person is very sick, would it be best to visit the person or to send a gift of sympathy? Why?
3. Read Mark 9:41. Nurses “need ever to remember that in the discharge of their duties they are serving the Lord Jesus Christ.” Recount the last time you were able to serve someone on Christ’s behalf. What was the result?
4. How is the example of physical sickness an analogy for the spiritual sickness of humanity?

### **Chapter 16: Prayer for the Sick**

1. How should people be counseled who think that their faith is defective because their prayers for healing have seemingly gone unanswered?
2. We need to follow the laws of health that can prevent illness. In what way can you live a healthier lifestyle?
3. Often those who are healthy “forget the wonderful mercies continued to them day by day.” What simple blessings of health do you have?
4. Discuss Jesus’ views about physical and spiritual healing. Would He ever prioritize one ahead of the other?

### **Chapter 17: The Use of Remedies**

1. What are some of the types of people that could benefit from “well-directed physical exercise”? What types of benefits does physical exercise have on the body?
2. Read John 4. “Pure water is one of heaven’s choicest blessings.” Discuss the parallels between our bodies’ need for physical water and our minds’ need for the water of life that only Jesus can provide.
3. In the Western world, lack of sufficient exercise is becoming a major problem. What types of creative ministry opportunities might this need present? What might you do in your own community?

## **Chapter 18: Mind Cure**

1. Hypnotism is a dangerous form of mind control. Satan also uses other means to manipulate our thinking. What activities in your society might be a type of mind control? What role, good or bad, do television, movies, and various forms of music have?
2. What is the first step to take with someone who is mentally ill or mentally disturbed?
3. What promotes health of body and mind more than anything else? How can we remind ourselves to do this on a continual basis?

## **Chapter 19: In Contact with Nature**

1. Read Genesis 2:15. God appointed Adam and Eve to work in the Garden of Eden, “to dress it and to keep it.” What benefits did they receive by living and working in the nature that God created?
2. “Outdoor life is the only remedy that many invalids need.” Why is it helpful to people, especially those who are sick, to surround themselves with the beauties of nature?
3. In order to gain or maintain a healthy lifestyle, what are some practical ways you can be in daily contact with nature?

## **Chapter 20: General Hygiene**

1. What should be our highest incentive to care for and develop our physical health?
2. When constructing a building, care should be taken to provide good ventilation and plenty of sunlight in every room. Why is this important?
3. Does having good health affect our spiritual life (read 3 John 2)? In what ways?

## **Chapter 21: Hygiene among the Israelites**

1. Why did God have the Israelites make the distinction between clean and unclean in all the affairs of their daily life? Read Leviticus 10:10.
2. Read Leviticus 11. Determine what meats are clean and unclean.
3. What is the biblical solution for dealing with contagious disease? Read Leviticus 15:4-12.
4. Even though many Israelites failed to follow God’s instruction, there were individuals, such as Joseph and Daniel, who upheld their moral integrity. How might we live like these noble examples in a world that has forgotten God?

## **Chapter 22: Dress**

1. Jesus modeled modesty and simplicity in His dress. In what ways can we follow our Savior’s example in how we dress?
2. Clothing that is too long, heavy, and tight can adversely affect the health. How are fashion requirements in your culture adversely affecting health?
3. Is there a correct balance between dressing tastefully and being a slave to fashion? How can you dress more healthfully and yet avoid appearing eccentric?

## **Chapter 23: Diet and Health**

1. God’s original diet for human beings was vegetarian (see Genesis 1:29). Are there ways that you can incorporate more fruits, grains, nuts, and vegetables into your diet?

2. The free use of milk and sugar together is adverse to health. What are some examples of foods that mix milk and sugar together?
3. What is the relationship between the stomach and the brain? How does what we eat affect how we think?

### **Chapter 24: Flesh as Food**

1. From creation to the present, would you say the healthfulness of human diet has improved or worsened? In what ways? What effect has eating meat had on the human race? How does a flesh diet affect the mind and the body? Why is meat termed “second hand” food?
2. What effect do people sometimes feel when they first stop eating meat? Why?
3. Are grains, nuts, vegetables, legumes, and fruits sufficiently available in your area? If not, how might you improve your diet in an imperfect situation?

### **Chapter 25: Extremes in Diet**

1. What attitudes will characterize the true health reformer?
2. What is a common characteristic with all diet extremes?
3. What are sound principles for those who wish to follow a healthful diet? How can you guide someone near you to avoid extremes regarding diet?

### **Chapter 26: Stimulants and Narcotics**

1. What are the physiological and moral dangers of stimulants and narcotics?
2. What are some of the harmful effects of using tobacco?
3. What is the relationship between intemperance and the increasing moral depravity of the world?

### **Chapter 27: Liquor Traffic and Prohibition**

1. Read Jeremiah 22. How does this passage apply to those who manufacture and sell intoxicating liquor. Why are they robbers? How extensive is alcoholism in your country?
2. In most countries the liquor traffic is licensed by the government. What evils result from this system?
3. What can you do to help advance the cause of temperance?

### **Chapter 28: Ministry of the Home**

1. How did Christ’s life underscore the principle of beginning a ministry in the home before ministering to strangers? Why is His approach important?
2. What are some of the characteristics of a Christian home?
3. A few pastors behave as though their church comes before their families. What advice would you give such pastors?

### **Chapter 29: The Builders of the Home**

1. How did Jesus honor marriage during His earthly ministry?
2. Marriage is a serious responsibility and commitment. Before marrying, what issues should the prospective bride and groom consider?
3. Love is not simply a feeling. What is the source of love? What is the place for emotions in true love?
4. Think of several excellent qualities one should seek in a potential spouse.

**Chapter 30: Choice and Preparation of the Home**

1. What issues and circumstances should be considered when deciding on a location for one's home?
2. Why are cities not the best place in which to establish a Christian home? What negative hygienic and ecological conditions affect city dwelling?
3. In what ways can you provide your children with the quality of environment that Jesus enjoyed during His childhood?

**Chapter 31: The Mother**

1. Though both parents are needed in child-rearing, why is the mother's position especially important?
2. What are some examples of biblical mothers who had a crucial influence on their children?
3. The childrearing begins before birth. How does a mother affect her developing fetus physically and mentally?
4. What can the husband do to partner with his wife in parental responsibilities?

**Chapter 32: The Child**

1. During which period of a child's life do the parents have the most influence?
2. What subjects should parents study carefully in order to prepare themselves to properly raise their children?
3. What new influences make it more difficult to raise children today than in past times?

**Chapter 33: Home Influences**

1. Describe an ideal Christian home.
2. What character traits should the mother carefully nurture?
3. Describe the importance of the relationship between mother and father.
4. How can you make your home a better and happier place for your children?

**Chapter 34: True Education a Missionary Training**

1. Read 2 Peter 1:5-8. God never wants to suppress our enthusiasm for or to prevent us from learning. What influence does God want to have on your efforts and education?
2. We should be "grounded in the common branches of education" and be "fitted for the duties of everyday life." As varied as our talents and occupations may be, what is the goal we are all called to pursue? Why should you share your knowledge of Christ with others?
3. "In all His dealings with Israel, God urged upon them the importance of guarding the associations of their children." How can you guard your children from the evil influences of contemporary secular culture?

**Chapter 35: A True Knowledge of God**

1. What is the foundation of all true education and of all true service?
2. Some people worship nature as God. What is the proper attitude we should have toward the material world?
3. "The revelation of God's love to man centers in the cross." Since love is about giving, how much does Philippians 2:6-8 say that Christ gave up to show His love for you?
4. How can knowing Christ make you a better employee or employer?

**Chapter 36: Danger in Speculative Knowledge**

1. How does belief in Genesis 1:1 influence a person's quest for knowledge?
2. In what way has God chosen to most clearly reveal Himself?
3. Read Proverbs 11:2. What is true wisdom? How is it attained?
4. How can we best acknowledge God in our pursuit of knowledge?

**Chapter 37: The False and the True in Education**

1. What is the source of skepticism in the modern era? How can skepticism be promulgated through academic training? Are there circumstances where it is helpful to be skeptical? Explain.
2. In what ways should education benefit a person?

**Chapter 38: The Importance of Seeking True Knowledge**

1. What is the strongest evidence of the human fall from a higher state?
2. What are three foundational questions that must be answered in our lifelong studies?
3. What are aspects of your Christian experience that cannot be analyzed scientifically?

**Chapter 39: The Knowledge Received Through God's Word**

1. Why are young people more easily tempted than other age groups?
2. List the benefits and blessings of studying God's Word.
3. Can one spend too much time studying the Bible? Explain.
4. Develop a plan to daily spend time in personal Bible study.

**Chapter 40: Help in Daily Living**

1. "What a man is has more influence than what he says." Discuss examples that illustrate this principle.
2. Why does Jesus allow us to go through trials?
3. What is the strongest argument in favor of the gospel?
4. "God never leads His children otherwise than they would choose to be led, if they could see the end from the beginning and discern the glory of the purpose which they are fulfilling as coworkers with Him." Give examples from Scripture, from your own life, or from the lives of those whom you know that illustrate this statement.

**Chapter 41: In Contact With Others**

1. What are the specific blessings that we receive from being connected to Jesus?
2. It is not the great achievements in our lives that define who we are. What really counts for eternity?
3. It is easy to be critical of others. What is the antidote for this serious malady?
4. Out of the many guidelines for relating to other people, which is most important for your life? If you heeded this counsel, how would your life be different?

**Chapter 42: Development and Service**

1. Many Christians are satisfied with casual efforts in their spiritual experience and service. What character traits do you need to achieve great things for God?

2. Explain the following statement: “Man can shape circumstances, but circumstances should not be allowed to shape the man.”
3. Singleness of purpose characterized the life of Jesus. What can motivate us to adopt this virtue and integrate it in our lives?

### **Chapter 43: A Higher Experience**

1. It is not enough to have had an experience with God in the past. How often must we renew our connection with Christ?
2. Merely listening to sermons, sitting in Sabbath school, or even reading the Bible will not give us an experience with God. Read John 15:4. What does Jesus mean when He says “abide in Me”?
3. We are to live a “twofold life.” What is necessary in our lives beyond communion with God and private devotions?