

RAPHA

Small Group Study Guide

Jehovah Rapha: The God Who Heals

Proverbs 18:10; Exodus 15:22–27

Icebreaker

- Share about a time when you ran to a person, place, or thing for safety. Did it give you the protection you needed?
- What comes to your mind when you hear the phrase “God is my healer”?

Key Scripture

“The name of the LORD is a strong tower; the righteous run into it and are safe.” – Proverbs 18:10

“I am the LORD who heals you.” – Exodus 15:26

Main Truth

God reveals Himself as Jehovah Rapha—the God who heals. His healing is physical, emotional, relational, and spiritual. The greatest healing He offers is salvation through Jesus Christ.

Discussion Points

1. The Wilderness is Necessary

- “The only way to get from Egypt to Canaan is through the wilderness.”
- Why do you think God often uses wilderness seasons to prepare us?
- Share a “wilderness” season in your life. How did God use it to shape you?

2. Trust God in the Wilderness

- After the Red Sea miracle, the Israelites faced bitter waters at Mara.
- What does this teach us about spiritual highs and lows?
- Read Job 13:15. What does trusting God in hardship look like in your life today?

3. God Can Heal Bitter Waters

- Bitterness poisons hearts and relationships.
- Read Exodus 15:25. The tree in the water points us to the cross of Jesus.
- Where do you see bitterness in our culture? In your own heart?
- How can the cross transform bitterness into sweetness?

4. Don't Give Up on Jehovah Rapha

- Mara was only five miles from Elim, the oasis with wells and palms.
- What does this teach us about God's timing?
- Where do you need encouragement not to give up right now?

5. The Greatest Healing

- Physical healing is powerful, but the ultimate healing is salvation.
- Read 1 Peter 2:24. What does it mean that "by His stripes you were healed"?
- How does knowing salvation is the greatest healing give you hope in suffering?

Reflection & Application

- Where do you need Jehovah Rapha's healing today—physically, emotionally, relationally, or spiritually?
- Are you running from a tower of fear, or to the strong tower of the Lord?
- This week, commit to praying daily for God's healing touch in one area of your life or the life of someone you love.

Prayer Focus

- Thank God for being Jehovah Rapha, the One who heals.
- Pray for those in the group who are battling sickness, brokenness, or bitterness.
- End by praying for salvation for those who do not yet know Jesus, the greatest healing of all.

Optional Group Activity

- Share testimonies of God's healing (physical, emotional, or spiritual).
- Close by anointing and praying over anyone in the group who desires healing.