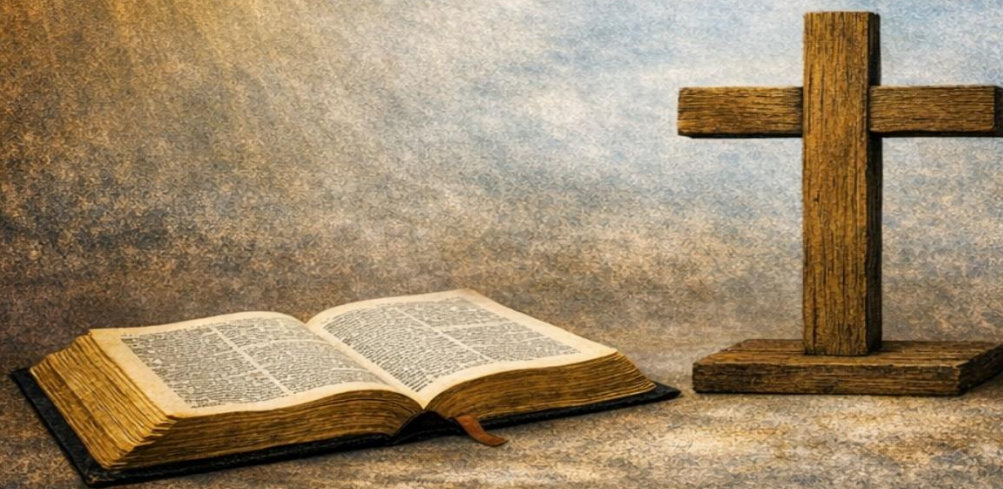


THE LORD — FOR THE — BODY

Why Healing is Part of the Gospel



THOMAS T. HALE, D.D.

FACILITATOR AND TEACHING GUIDE

The Lord for the Body Facilitator and Teaching Guide

Based on *The Lord for the Body: Why Healing is Part of the Gospel* by Thomas T. Hale, D.D.

PURPOSE OF THIS GUIDE

This facilitator and teaching guide is designed to help leaders guide individuals, small groups, discipleship classes, ministry teams, and church teaching environments through *The Lord for the Body* in a thoughtful, Scripture-centered, pastorally sensitive, and practical way.

The purpose is not merely to summarize the book, but to equip facilitators to help participants understand why healing belongs to the gospel, how Scripture speaks about the body, how Jesus revealed the Father's will, and how believers can respond in faith to the finished work of Christ.

The guide follows the book's movement from God's care for the body, through a biblical understanding of sickness, into healing in the atonement, the finished work of Christ, the law of faith, healing declarations, prayer, Greek word study, and seven days of devotional practice.

Each session is structured to move from explanation to engagement: first clarifying the chapter's main idea, then grounding the truth in Scripture, then inviting honest discussion, and finally guiding participants toward a concrete response of faith, prayer, confession, and compassionate ministry.

HOW TO USE THIS FACILITATOR GUIDE

This guide is written primarily for the person leading the study, whether that leader is facilitating a small group, teaching a class, mentoring a disciple, or guiding a ministry team through the material.

Each session gives the facilitator enough structure to teach clearly while still leaving room for discussion, prayer, personal application, and the work of the Holy Spirit.

The leader does not need to lecture through every idea in the book; rather, the leader's task is to help participants understand the central truth of each chapter, see it in Scripture, and respond with faith-filled agreement.

- **Before the session:** Read the assigned chapter, review the big idea, choose the most important Scriptures, and pray through the application practice.

- **During the session:** Keep the group centered on Scripture, invite honest reflection, and guide discussion toward confidence in Christ rather than fear, shame, or argument.
- **After the session:** Encourage participants to practice one Scripture, one confession, one thanksgiving statement, and one concrete act of faith before the next gathering.

PASTORAL AND PRACTICAL CARE

Because this study addresses sickness, healing, pain, disappointment, and faith, facilitators should lead with tenderness. Participants may be carrying real suffering, unanswered questions, grief, medical concerns, or previous disappointments in prayer.

Teach boldly from Scripture while refusing shame, blame, or pressure. Encourage participants to seek appropriate medical care, pastoral counsel, and wise support while also learning to pray, speak, and stand in faith. Faith is not recklessness; it is agreement with God's Word expressed through wisdom, love, and obedience.

RECOMMENDED FORMAT

- **Length:** 7 sessions, 60–90 minutes each.
- **Best setting:** Small group, discipleship class, Bible study, ministry team training, healing prayer team development, pastoral care group, or personal study.
- **Primary rhythm:** Read before gathering, teach the key truth, discuss Scripture, practice confession and prayer, and identify one faith response for the week.
- **Suggested preparation:** Each participant should read the assigned chapter before the session and mark sentences that strengthen faith, challenge old assumptions, or clarify God's care for the body.
- **Core question for every session:** What does Scripture reveal about God's will for the body, and how do I respond in faith to what Christ has already secured?

MATERIALS NEEDED

- A Bible for each participant or shared access to the key passages.
- A copy of *The Lord for the Body* or the assigned chapter for each participant.
- This facilitator guide for the leader.
- Notebook or journal pages for reflection, declarations, prayer, and weekly application.
- Optional printed copies of a Healing Declaration Journal, Prayer Practice Worksheet, and Seven-Day Follow-Through Plan.

FACILITATOR RESPONSIBILITIES

- **Teach the text, not opinions.** Keep the lesson anchored in the assigned chapter and its key Scriptures.
- **Protect the atmosphere.** Encourage honesty without allowing fear, shame, debate, or spiritual pressure to dominate the room.
- **Clarify terms simply.** When Hebrew or Greek words appear, explain them as tools for understanding Scripture rather than as academic barriers.
- **Draw out personal application.** Ask participants how the truth changes their prayers, confession, expectations, and actions.
- **Model faith and compassion.** Speak with confidence in Christ's finished work while honoring the real tenderness of those who are suffering.

STANDARD SESSION FLOW FOR FACILITATORS

Segment	Suggested Time	Facilitator Action
Opening and Prayer	5–10 minutes	Welcome the group, name the session focus, and pray for humility, compassion, revelation, and agreement with Scripture.
Review and Connection	5–10 minutes	Connect the current session to the previous one so participants see the book’s movement from theology to faith practice.
Teaching Segment	20–30 minutes	Use the teaching outline to explain the chapter’s main truth, read key Scriptures, and clarify important terms without overloading the group.
Group Discussion	20–30 minutes	Ask open questions, listen carefully, and help participants move from general answers to personal reflection and faith response.
Faith Practice	10–15 minutes	Guide participants to write, speak, pray, or act on one promise in first-person agreement.
Closing Prayer	5 minutes	Close with prayer that reinforces the session’s truth and invites continued practice during the week.

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COURSE AT A GLANCE

Session	Reading	Main Emphasis	Desired Outcome
1	Preface, Introduction, Chapter 1	God's care for the body and the integrated vision of redemption	Participants see the body as formed, claimed, indwelt, healed, redeemed, and destined for resurrection.
2	Chapter 2	Understanding sickness as a consequence of the fall and an enemy Christ confronts	Participants learn to name sickness biblically without blaming God or shaming sufferers.
3	Chapter 3	Healing in the atonement and the testimony of Isaiah, Matthew, Peter, and the commission of Jesus	Participants connect healing to Christ's redemptive work rather than uncertainty or persuasion.
4	Chapter 4	"It is done" and the shift from persuading God to receiving what Christ has secured	Participants learn to pray from the finished work rather than from fear or uncertainty.
5	Chapter 5	The law of faith: hearing, believing, speaking, acting, and refusing double-mindedness	Participants practice Scripture-fed faith, confession, wise action, and steady agreement.
6	Conclusion, Healing Declarations, A Prayer for Healing	Integrating the book's message through prayer, declarations, and pastoral ministry	Participants develop a personal pattern of prayer, declaration, and compassionate ministry.
7	Greek Words Appendix and A Seven-Day Devotional	Integration, vocabulary, devotional practice, and ongoing follow-through	Participants leave with a seven-day plan and a language of faith they can continue practicing.

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SESSION SUMMARY POINTS

Session	Summary Points
1. The Lord for the Body	• God formed, claims, indwells, heals, redeems, and will resurrect the body. • Healing is not a distraction from the gospel but a witness to the kingdom of God. • The body is not outside the reach of redemption.
2. Understanding Sickness	• Sickness belongs to the disorder of the fall, not the goodness of creation. • Jesus treated sickness as an enemy to be confronted with compassion and authority. • Facilitators should teach this without blaming sufferers or minimizing pain.
3. Healing in the Atonement	• Isaiah, Matthew, and Peter connect healing with the redemptive work of Christ. • The Cross addresses the whole person, including the body. • The church ministers healing as part of obedience to the commission of Jesus.
4. It Is Done	• Healing is grounded in the finished work of Christ, not in God being persuaded. • “By whose stripes you were healed” gives faith a settled place to stand. • Prayer shifts from anxious pleading to agreement with what Christ has accomplished.
5. The Law of Faith	• Faith hears the Word, believes what Christ has done, speaks in agreement, acts wisely, and refuses double-mindedness. • Faith does not deny symptoms; it refuses to let symptoms have the final word. • Confession and action train the heart to agree with Scripture.
6. Declarations and Prayer	• Declarations help the believer align the mouth, mind, and heart with God’s Word. • Prayer for healing is rooted in gratitude, agreement, and the finished work of Jesus. • Participants practice receiving and ministering with compassion.
7. Integration and Devotional Practice	• The Greek word appendix reinforces the book’s central vocabulary of body, healing, redemption, faith, and finished work. • The seven-day devotional helps participants continue the study after the group ends. • Participants leave with a personal plan for Scripture, declaration, prayer, and action.

FACILITATOR QUICK-START PROMPTS BY SESSION

Session	Leader Emphasis	Opening Prompt	Application Aim
1	Establish that God's redemption includes embodied life.	What assumptions have you inherited about the body and the soul?	Confess that the Lord is for the body.
2	Name sickness biblically without blame or shame.	What does Jesus' response to sickness reveal about the Father?	Replace fear-based explanations with Scripture-shaped compassion.
3	Connect healing to the atoning work of Christ.	Do believers usually doubt God's power or His willingness?	Build confidence from Isaiah, Matthew, and Peter.
4	Shift prayer from persuasion to agreement.	How does "It is finished" change prayer?	Rewrite one anxious prayer as a finished-work prayer.
5	Practice hearing, believing, speaking, acting, and standing.	What voices compete with the Word of God?	Choose one promise, confession, and wise action.
6	Use declarations and prayer to train agreement.	Which declaration category strengthens your faith most?	Create one personal declaration.
7	Integrate vocabulary and devotional practice.	Which truth must become part of your normal prayer life?	Build a seven-day plan.

SESSION 1: THE LORD FOR THE BODY

- **Assigned reading:** Preface, Introduction, and Chapter 1, “God’s Care for the Body.”
- **Big idea:** The body matters to God because He formed it, claims it, indwells it, heals it, redeems it, and promises to raise it.
- **Key Scriptures:** 1 Corinthians 6:13, 1 Corinthians 6:19–20, Genesis 2:7, Psalm 139:14, Romans 8:23, Philippians 3:21.
- **Learning objectives:**
 - Explain why the body is not spiritually insignificant.
 - Trace the book’s foundation from creation to resurrection.
 - Help participants replace a diminished view of the body with a biblical view of embodied redemption.
- **Teaching outline:**
 1. Open by asking: “What assumptions have Christians often inherited about the body and the soul?”
 2. Introduce the central phrase: “The body is for the Lord; and the Lord for the body.”
 3. Show that God formed the body with intention, called it His temple, used it as a vessel of dominion, healed bodies through Jesus, continued healing through the early church, and promises bodily resurrection.
 4. Help participants see that healing is rooted in God’s whole-person redemption, not in a secondary or fringe concern.
 5. Conclude by inviting participants to write one sentence beginning, “Because the Lord is for my body...”

Discussion questions:

1. How have you been taught to think about the body in relation to God?
2. What does it mean that the body is the temple of the Holy Spirit?
3. How does the resurrection of Jesus strengthen faith for the body now?
4. What would change if you truly believed the Lord is for your body?

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Faith practice: Ask participants to speak this declaration aloud: “My body belongs to the Lord. The Lord is for my body. I receive His life, care, and restoring power with thanksgiving.”

Prayer focus: Thank the Father for forming, claiming, indwelling, redeeming, and promising to raise the body. Ask the Holy Spirit to renew every diminished view of embodied life.

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SESSION 2: UNDERSTANDING SICKNESS

- **Assigned reading:** Chapter 2, “Understanding Sickness.”
- **Big idea:** Sickness is not the character of God but a consequence of the fall, a manifestation of creation’s brokenness, and at times an oppression of the enemy that Jesus confronts.
- **Key Scriptures:** Genesis 1:31, Romans 5:12, Romans 8:20–23, John 10:10, Luke 13:11–16, Acts 10:38.
- **Learning objectives:**
 - Distinguish God’s original creation from the disorder introduced by the fall.
 - Explain why sickness should not be attributed to God’s character or pleasure.
 - Help participants resist sickness without blaming themselves or others.
- **Teaching outline:**
 1. Begin with the contrast between Eden’s “very good” creation and the brokenness that entered through the fall.
 2. Explain sickness as one manifestation of death’s invasion into embodied life.
 3. Clarify that naming sickness as an enemy does not mean blaming the sick person.
 4. Study Jesus’ healing of the woman bound for eighteen years as a picture of kingdom release.
 5. Close by helping participants form a biblical sentence about sickness that is both bold and compassionate.

Discussion questions:

1. Why is it important to distinguish sickness from God’s original design?
2. How does Jesus’ ministry reveal the Father’s posture toward suffering bodies?
3. What language should we avoid when ministering to someone who is sick?
4. How can we resist sickness while still showing tenderness to those who suffer?

Faith practice: Ask participants to write two statements: one naming sickness biblically, and one naming God’s character biblically. Example: “Sickness is not God’s design. The Father is good, and Jesus reveals His healing compassion.”

Prayer focus: Pray for compassion, discernment, and courage to interpret sickness through Scripture and the ministry of Jesus rather than through fear or accusation.

SESSION 3: HEALING IN THE ATONEMENT

SESSION 4: IT IS DONE

- **Assigned reading:** Chapter 4, “It Is Done!”
- **Big idea:** The finished work of Christ settles the question of God’s provision; faith learns to pray from what Christ has done rather than begging God to do what He has already secured.
- **Key Scriptures:** John 19:30, 1 Peter 2:24, Colossians 2:14, Hebrews 10:14, Romans 3:24–25.
- **Learning objectives:**
 - Explain the significance of “It is finished” for healing and redemption.
 - Distinguish praying toward healing from praying from healing.
 - Help participants form prayers of agreement rather than prayers of persuasion.
- **Teaching outline:**
 1. Begin by reviewing the foundation: God cares for the body, sickness is not His character, and healing is in the atonement.
 2. Teach 1 Peter 2:24 with emphasis on the past-tense phrase “you were healed.”
 3. Explain *tetelestai* as completed, finished, and paid in full.
 4. Contrast trying to persuade God with agreeing with the Cross.
 5. Invite participants to rewrite one anxious prayer as a finished-work prayer.

Discussion questions:

1. How does “It is finished” challenge the way people often pray for healing?
2. What is the difference between asking God for help and trying to persuade God to be willing?
3. How does the past tense of “you were healed” strengthen faith?
4. What phrase in your prayer life needs to change after this chapter?

Faith practice: Ask participants to write two prayers side by side. First, write an anxious prayer of persuasion. Then rewrite it as a prayer of agreement with the finished work of Christ.

Prayer focus: Thank Jesus for the Cross, the stripes, the finished work, and the settled verdict of redemption. Pray that participants would learn to receive from completion, not uncertainty.

SESSION 5: THE LAW OF FAITH

- **Assigned reading:** Chapter 5, “The Law of Faith.”
- **Big idea:** Faith is the God-appointed way of receiving what grace has already provided; faith hears, believes, speaks, acts, and refuses double-mindedness.
- **Key Scriptures:** Romans 10:17, Mark 11:23–24, Hebrews 10:23, Proverbs 4:20–22, James 1:6–8, James 2:17–22.
- **Learning objectives:**
 - Explain how faith comes by hearing the Word of God.
 - Practice believing, speaking, and acting in agreement with Scripture.
 - Identify double-minded patterns that weaken confession and expectation.
- **Teaching outline:**
 1. Open with the question: “How do believers lay hold of what Christ has already finished?”
 2. Teach that faith begins with hearing and continues through meditation, confession, and obedience.
 3. Explain Mark 11:23–24: the heart believes, the mouth speaks, and faith receives before sight confirms.
 4. Discuss confession as agreement with God rather than denial of reality.
 5. Clarify that faith acts wisely and does not require recklessness.
 6. Conclude with a practical review: hear, believe, speak, act, and refuse double-mindedness.

Discussion questions:

1. What voices compete with the Word of God in your heart?
2. What does it mean to speak the Word over the body without denying the battle?
3. What action of faith would be wise, humble, and practical for you this week?
4. Where do you need to refuse double-mindedness and return to the promise?

Faith practice: Ask participants to choose one healing promise, speak it aloud, write one confession in agreement with it, and identify one action that aligns with faith and wisdom.

Prayer focus: Pray for Scripture-fed faith, steady confession, wise action, and freedom from divided agreement.

SESSION 6: HEALING DECLARATIONS AND PRAYER

- **Assigned reading:** Conclusion and Summary, “Healing Declarations,” and “A Prayer for Healing.”
- **Big idea:** Declarations and prayer train the believer to align the heart, mouth, and body with the Word of God and the finished work of Christ.
- **Key Scriptures:** 1 Peter 2:24, Romans 8:11, Hebrews 10:23, 2 Corinthians 1:20, James 5:14–15, Proverbs 18:21.
- **Learning objectives:**
 - Explain why declarations are confessions of agreement rather than empty wishes.
 - Help participants build a personal set of Scripture-based healing declarations.
 - Practice praying for healing from thanksgiving, confidence, and compassion.
- **Teaching outline:**
 1. Begin by reviewing the chapter-by-chapter summary of the book’s message.
 2. Explain that declarations renew the mind and bring the mouth into agreement with God’s Word.
 3. Walk through several categories of declarations: identity in Christ, the body as God’s temple, the will of God revealed in Jesus, authority in Christ, the Word as medicine, faith and trust, wholeness, community, and resurrection hope.
 4. Read selected portions of “A Prayer for Healing” and identify its movement from agreement to receiving to thanksgiving.
 5. Guide participants to create a personal healing declaration using one Scripture from the book.

Discussion questions:

1. Which declaration category most strengthens your faith right now?
2. How can declarations become agreement with Scripture rather than mere repetition?
3. What does it mean to thank God before you feel or see change?
4. How can a group pray for healing in a way that is both bold and tender?

Faith practice: Have participants choose one declaration from the book, speak it aloud, and then write a personal version beginning with “I declare...” or “Father, I thank You that...”

Prayer focus: Pray together for healing needs with thanksgiving, faith, and compassion. Encourage participants to call for prayer, receive support from the body of Christ, and continue standing on the Word.

SESSION 7: INTEGRATION, GREEK TERMS, AND SEVEN-DAY DEVOTIONAL PRACTICE

- **Assigned reading:** Greek Words Appendix and “A Seven-Day Devotional.”
- **Big idea:** The study concludes by helping participants carry the book’s truth into daily practice through Scripture, confession, prayer, vocabulary, and faithful action.
- **Key Scriptures:** 1 Corinthians 6:13, Matthew 8:17, Romans 8:11, Mark 16:17–18, Romans 12:2, Proverbs 18:21, 1 Peter 2:24.
- **Learning objectives:**
 - Review the book’s major theological and practical movements.
 - Use key Greek terms to explain the biblical logic of healing, body, faith, and finished work in simple language.
 - Create a seven-day follow-through plan for continued practice.
- **Teaching outline:**
 1. Review the whole journey: the Lord is for the body, sickness is not God’s character, healing is in the atonement, it is done, and faith receives what grace has provided.
 2. Select key terms from the appendix such as *sōma*, *naos*, *iaomai*, *iathēte*, *tetelestai*, *apolytrōsis*, *katadynasteuō*, *dipsychos*, and *metaschēmatisei*.
 3. Ask participants to explain one word in their own words and connect it to prayer, confession, or ministry.
 4. Assign the seven-day devotional as a follow-up week of personal practice.
 5. Close by inviting each participant to name one truth they will continue practicing.

Discussion questions:

1. What truth from this study most changed the way you think, pray, or speak?
2. Which Greek term helps you understand the book’s message most clearly?
3. Which devotional day do you most need to return to during the next week?
4. What will your seven-day follow-through plan include?

Faith practice: Build a seven-day plan with one Scripture per day, one declaration, one thanksgiving statement, one prayer focus, and one action of faith or compassion.

Closing group prayer: Father, thank You that the body is for the Lord and the Lord is for the body. Thank You for the finished work of Jesus Christ, the life-giving presence of the Holy Spirit, and the truth of Your Word. Renew our minds, steady our confession, and teach us to

pray, speak, act, and minister in agreement with what Christ has secured. Let our lives bear witness to Your compassion and Your kingdom. In Jesus' name, **Amen.**

FOLLOW-THROUGH ACTIVITIES

After the seven sessions are complete, participants are invited to continue practicing the message in simple ways rather than allowing the study to end with discussion alone.

- **Seven-Day Healing Journal:** Write one Scripture, one declaration, one thanksgiving statement, and one action of faith each day.
- **Prayer Partner Check-In:** Meet or message once during the week to encourage one another in steady confession and compassionate faith.
- **Promise Memorization:** Choose one Scripture from the study and speak it daily until it becomes part of your inner language.
- **Healing Declaration Practice:** Select five declarations from the book and speak them daily for one week.
- **Compassionate Ministry Practice:** Look for one opportunity to pray for, encourage, serve, or strengthen someone who is carrying physical weakness or discouragement.
- **Testimony Moment:** At a future gathering, invite participants to share how their prayer language, faith posture, compassion, or expectation has changed.

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MOVING FORWARD AFTER THE GROUP ENDS

The purpose of this study is not merely to complete seven sessions, answer questions, or discuss theological ideas. The purpose is to help each person stand before the Father with greater confidence in the finished work of Christ, the compassion of Jesus, the indwelling life of the Spirit, and the truth that the Lord is for the body.

A healthy group does not end by looking backward only; it ends by sending participants forward. Each person leaves with one Scripture to stand on, one old fear-based assumption to reject, one new declaration to practice, and one act of obedience or compassion that agrees with what Christ has already secured.

The study is finished, but the life of faith continues. The Lord is for the body, the Cross is finished, the Spirit gives life, and the people of God are called to pray, speak, act, and minister in agreement with the gospel of Jesus Christ.

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