

## The Power of Prayer | Week 2

### Introduction

Healing is more than physical. It is also spiritual and relational. Confession and prayer heal the sin weighing us down. To heal, we must deal with struggles by bringing them into the light.

### Conversation Starters (10 minutes)

- What's the best (or worst) "home remedy" advice you've ever received from a family member?
- Is confession a regular part of your relationship with God? If yes, what does it look like?

### Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

### [Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [James 5:13-16](#).

### Group Discussion (45 minutes)

#### *Starter Question from the Video:*

1. Have you ever struggled to be honest about what is going on in your life?

#### *Scripture Observation:*

2. Read [James 5:16](#). What specific actions does James connect to healing in this verse?

#### *Scripture Interpretation/Discussion:*

3. Why do you think confession to one another, and not just confession to God, is part of the healing process?
4. How does bringing struggles "into the light" differ from keeping them hidden, and what impact does that have on our healing?

#### *Personal Application:*

5. Healing requires us to deal with things rather than avoid them. What is one area (spiritual, relational, physical) where you sense God prompting you to stop avoiding and start dealing with something through confession and prayer?
6. How can our group create a safe space where we feel comfortable confessing struggles and praying for one another's healing?

*For Further Exploration (Optional):*

Read [Psalm 32:3-5](#): What does David's experience teach us about the physical and emotional toll of unconfessed sin? What does it teach us about confession?

Prayer (5 minutes)

Close your group time by sharing something you would like your group to pray about for you. Pray for the requests as a whole group, or in smaller groups of 2-3.

Practices to Help You Grow (5 minutes)

- Identify one struggle you need to confess and bring into the light
- Ask a trusted friend or group member to pray with you about it
- Journal about areas where you're experiencing or seeking God's healing
- Read the Bible Reading Plan in the Sun Valley app each day