

to be made well

an INVITATION *to* WHOLENESS,
HEALING, *and* HOPE

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Introduction

1. Have you ever experienced an illness or injury that didn't have a simple biological cause or cure? How did that experience affect you?
2. Where do you see a disconnect between the physical and emotional or spiritual aspects of your life or in our society?
3. Have you ever prayed for healing? What happened?

CHAPTER 1

Restored to Self

1. Have you ever noticed yourself holding stress in your body? What happened? What are you inclined to do in response?
2. Do you believe our bodies send messages about our emotions? Why or why not?
3. On pages 28–29, Amy Julia writes about the historical reasons why we might think of the body and spirit as separate from one another. Have you experienced this separation of body and spirit?
4. What do you think it means to bring healing to the “whole person”?
5. What is the difference between curing and healing?
6. Have you ever had a nonmedical healing experience? What happened?

CHAPTER 2

Jesus' Name Is Healer

1. Do you think placebo effects and alternative medical treatments explain experiences of healing?
2. From the perspective of someone who doesn't believe in miraculous healing, what was happening when Jesus healed people? What was happening from the perspective of a person who does believe in miraculous healing?
3. How is Jesus' name connected to healing? Why does that matter to us now in thinking about who Jesus was?
4. Does Jesus come to heal people with disabilities? How about people with chronic pain?

CHAPTER 3

Restored to Her Father

1. How would you explain our modern understanding of health? How does that differ from a biblical understanding of health?
2. What are different areas of our lives that need healing?
3. Why does the bleeding woman try to walk away without interacting with Jesus?
4. Why does he call her forward?
5. What is significant about Jesus calling her *Daughter*?
6. On pages 53–54, Amy Julia explains why Jesus calls God *Father*. Do you think of God as a Father? What is positive or negative about understanding God in this way? Why does Jesus insist on it?
7. What does it mean to understand our belovedness? Why is this challenging?
8. How can we practice understanding our belovedness?

CHAPTER 4

Restored to Community

1. In what way was Grand Penny's experience a healing one?
2. Why does Jesus draw attention to the bleeding woman's healing?
3. In our society, who is excluded from community? How does that exclusion or isolation affect us? How does being welcomed into community affect us?
4. Have you ever seen healing come by way of community? What happened?

CHAPTER 5

Healing for All

1. Who is Jairus? How does he stand in contrast to the bleeding woman? Whom in our society are they similar to?
2. How does Jesus treat Jairus?
3. Whom do you relate to in this story—Jairus or the bleeding woman?
4. What do the two have in common? What do we have in common with them?

CHAPTER 6

The Barrier of Distraction

1. In the opening story of this chapter, Amy Julia contrasts the swimming pool and the ocean. Why are her kids attracted to the swimming pool instead of the ocean? Can you relate in any area of your life?
2. Amy Julia identifies a few areas of distraction in her life: her iPhone, staying productive, and drinking wine. Do you relate? Do you ever distract yourself in other ways?
3. Why do we allow ourselves to be distracted? What does it give us? What does it keep us from?
4. Why do Mark and Luke portray the crowds as threatening? What threatens to impede Jesus' work in your life?
5. Amy Julia writes, "Staying distracted from pain also means staying distracted from healing" (p. 92). Do you think paying attention to pain is necessary for healing?

CHAPTER 7

The Barrier of Shame

1. Do you think our culture is afraid of pain? Where do you see evidence of this?
2. How is Jesus' attitude toward pain different from ours?
3. In John 5, where does Jesus visit on his way to a festival in Jerusalem? Why?
4. What is shame? How does shame keep us from experiencing healing?
5. What role can medication play in healing emotional wounds?
6. On pages 104–5, Amy Julia cites different passages where God offers to wash away sin and Jesus washes the disciples' feet. Why do different biblical writers use the language of God "washing us clean"?

CHAPTER 8

The Barrier of Anxiety

1. Did you have any physical ailments or injuries in the months after March 2020? What do you think caused those problems?
2. In what way did Amy Julia's back pain force her to pay attention to her fear?
3. What's the difference between ordinary anxiety and clinical anxiety? Do you experience ordinary anxiety? How does it help you? How does it harm or hinder you?
4. How is fear related to control?
5. Do you think fear can keep us from God's healing love?
6. Amy Julia describes the way anxiety has energized her in the past: "Anxiety has served me as a fuel for achievement, but it has failed me as a guide for getting well" (p. 112). How can anxiety serve us and fail us?
7. What's the difference between letting go of our fears and handing them over or entrusting them to God?

CHAPTER 9

The Barrier of Status

1. How did Amy Julia's attitude toward her social position change over the course of getting to know her daughter Penny and other people with intellectual disabilities?
2. In what ways does our social hierarchy do harm?
3. Where are the religious leaders in the social hierarchy of Jesus' day? Who is in that spot now?
4. How can social status impede our relationship with God? How can the divisions created through social status harm everyone?
5. In what ways does Jairus need healing from Jesus?
6. How are sin and sickness related? How can this relationship be oversimplified?
7. How should religious leaders understand their own relative health and well-being?

CHAPTER 10

Bodily Healing

1. Have you ever had experiences of bodily pain that later seemed linked to emotions? Can you describe what happened?
2. What does it mean to "learn to come to God in our bodies" (p. 133)?
3. In what way does the faith of the bleeding woman heal/save her? In what way does Jesus' power heal/save her? Why would he say "Your faith has healed/saved you" to so many people?
4. In what ways is healing participatory?
5. How can we participate in bodily healing?
6. What are some practices that can help us bring prayer to our bodies?

CHAPTER 11

Spiritual Healing

1. What is the role of love in healing?
2. How does Jesus show love to the bleeding woman?
3. Why would we need to acknowledge our need and reach out for help in order to receive healing? Is healing conditional upon our behavior or actions?
4. Why is it hard to acknowledge our need? Why is it hard to ask for help?
5. What are some of the forms that God's love and healing can take?
6. What are some ways we can receive God's love?
7. How does the metaphor of a tree help us understand how we can receive God's love?

CHAPTER 12

Communal Healing

1. What role does the community play in healing?
2. What does it mean when Jesus tells the woman to "go in peace"?
3. Why does Jesus give Jairus and his wife instructions to feed their daughter?
4. How are we invited to participate in a larger work of healing?
5. What is a biblical view of justice? How is this similar to or different from a modern understanding of justice?
6. What does it mean to "remain in love"?
7. In what ways are social healing and personal healing related to one another?

CHAPTER 13

Social Healing

1. In what way does a pile of broken plates and bowls serve as a fitting image for the human condition? In what way is it incomplete or problematic as an analogy?
2. Why is it significant that Jesus' endured physical suffering and death in his body?
3. Why does Jesus show the disciples his wounds?
4. What does it mean to put our brokenness under the blessing of God?
5. How does bringing our brokenness under the blessing of God equip us to bring shalom into the world?
6. Have you ever experienced "belonging"? What contributes to a sense of belonging?
7. Do the institutions you are a part of communicate "belonging" to more than a homogeneous group of people? How? What might need to change?
8. Amy Julia's friend David Bailey describes places of collaboration on pages 173–74. Have you ever participated in a "collaborative" effort to overcome social divisions? What happened?
9. How do we move from exclusion to belonging?
10. What is our role in social healing? What is God's role?

Epilogue

1. What small steps can you take to participate in healing?