

# 3 WEEKS OF HEALING

## **WEEK 2: Jesus is Alive & Heals Your Heart**

### DISCUSSION QUESTIONS

1. Have I discovered the root of the sin or the trauma that is holding me back in my life?
2. Do I feel guilty for the bad decisions I have made? Do I suffer from fear, insecurity, addiction, abuse or violence in my family?
3. Why is it hard to forgive from the heart those who have offended me, freeing ourselves from desires of revenge?
4. Do I truly and fully believe that Jesus wants to heal me, just as he healed those who came to him in the Bible?
5. Do I fully trust in the love and mercy of Jesus to heal my mind, my soul, and my heart? Do I show it by going to Confession and Communion?
6. Have I ever asked a priest or a friend to pray over me that the chains I bear be broken? Do I want to attend a healing Mass?

### SUGGESTIONS FOR COMMITMENTS TO MAKE:

1. Pray and ask forgiveness from God for all the offenses we have ever committed.
2. Seek to forgive from the heart everyone who has offended you in your life, praying for them and giving all that suffering to God.
3. Attend a healing Mass, to ask God's mercy and healing from any resentment or inner wounds.