

FOLLOW

the

HEALER

JOURNAL

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Seedbed

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Contents

How to Use This Journal	vii
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Days 1–7

“Participating in the Healing Ministry of Jesus” and “Healing and the Love of Jesus”	1
--	---

Days 8–14

“The Five Ways Jesus Heals” and “Healing and the Image of God”	17
--	----

Days 15–21

“Jesus, Healing, and the Kingdom of God” and “Embracing the Mystery of Healing”	33
---	----

Days 22–28

“By His Wounds We Are Healed” and “The Holy Spirit and Healing”	49
---	----

How to Use This Journal

This journal is a companion piece to the deep teaching found in *Follow the Healer: Biblical and Theological Foundations for Healing Ministry* by Stephen Seamands (Seedbed/Zondervan, 2023). We believe this resource fills a unique role in the life of God's people. It articulates a masterfully balanced theology that is grounded in the straightforward teaching of Scripture, while being born out of decades of experience with healing ministry.

The teaching found therein gives words to a compelling vision of the fullness and wholeness of salvation, which touches every dimension of human beings. It expresses a kingdom vision, which invites everyone to taste the goodness of God that emanates from his Trinitarian life as Father, Son, and Holy Spirit.

You may discover that *Follow the Healer* gives shape to thoughts or experiences you may not have been able to express, but have known to be true. It may challenge you in some areas or console you in others. Likely, you will find that the teaching reflects a radical openness to healing while avoiding extremes not grounded in the wisdom or models available to us in the Bible. We invite you to explore how God might be asking you to open yourself to

follow in the footsteps of Jesus as you participate in his healing ministry on Earth.

This is intended to be engaged over the course of four weeks—each including seven days. However, you may adapt a pace appropriate to your own life rhythm. We have combined two chapters of the book to be covered in every weekly group of readings. Each entry begins with a quote from the book, followed by three prompts in the form of questions, and ends with Scripture. Use the space provided to prayerfully log what God is awakening in you, and how he might desire to enlist you as an ambassador of his healing love and grace.

Participating in the Healing Ministry of Jesus

(FOLLOW THE HEALER, CHAPTER 1)

Healing and the Love of Jesus

(FOLLOW THE HEALER, CHAPTER 2)

DAY 1

He is much more than our cheerleader in heaven, hoping we'll do ministry right. Jesus has his own resurrected, ascended ministry of teaching, preaching, and healing to do. And he intends to do it through us—his body, the church.

—FOLLOW THE HEALER, p. 5

Journal Prompts

- How does the dignity of an invitation into our Lord's healing ministry affect your personal sense of identity and calling?
- Does this truth relieve you of any sense of pressure regarding the outcome of praying for healing?
- Ask the Holy Spirit how both humility and courage might converge in you in fresh ways.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

In my former book, Theophilus, I wrote about all that Jesus began to do and to teach . . .

ACTS 1:1

DAY 2

There's nothing wrong with "Lord, help me" prayers . . . There are many in the Bible, especially in the Psalms. But when you realize that it's more about you joining Jesus than him helping you, then it's better to pray, "Lord, help yourself to me. Lord, use me. You are here working. What do you want to say or do? Let me join you. Don't let me get in the way of what you are doing."

—FOLLOW THE HEALER, p. 6

Journal Prompts

- How do you tend to pray about needs? Write out a typical "Lord, help me" prayer, then consider rewriting it to conform to the truth that healing ministry belongs to Jesus.
- Do you watch and listen for what God is already doing around you before your arrival on a scene? What might this indicate about your sense of God's sovereignty, as well as his love, for all people?
- Ask the Holy Spirit to guide your way of praying—your heart posture, your words, your faith, as well as your hoped-for outcomes.

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*Jesus went through all the towns
and villages, teaching in their
synagogues, proclaiming the good
news of the kingdom and healing
every disease and sickness.*

MATTHEW 9:35

DAY 3

Knowing whose ministry it is means knowing whose burden it is—Jesus’s not ours. Ultimately, we are not the ones who are responsible. We don’t have to lead or to heal. We just must follow the Leader and the Healer.

—FOLLOW THE HEALER, p. 8

Journal Prompts

- What does Jesus taking the lead in healing suggest about how much he values people’s wholeness?
- Do you fear anything in particular about the results of prayers for healing? How would you describe your feelings around results?
- Ask the Holy Spirit to lead you in a prayer of surrendering to God what happens in your participation in Jesus’s healing ministry.

[illegible]

Jesus called his twelve disciples to him and gave them authority to drive out impure spirits and to heal every disease and sickness.

MATTHEW 10:1

Are your thoughts surrounding
healing biblically grounded?

Do you often struggle with a lack of
faith concerning healing?

Is it even something granted to us and
others in these modern times?

What can we learn from following
Jesus's footsteps on this subject?

How might the Holy Spirit be calling on
the church to take up its mantle to bring
healing in all forms to people?

This journal takes readers into a deep-dive exploration of beliefs, experiences, and aspirations for healing ministry. Provided as a companion to *Follow the Healer: Biblical and Theological Foundations for Healing Ministry* by Stephen Seamands, this resource can help anyone open to being used by God in new and surprising ways. It can bridge the often-insurmountable gap between freshly gleaned information and the deep work of life transformation.

Each day provides a quote from *Follow the Healer*, as well as probing, thought-provoking questions, and space to write out what the Holy Spirit might be revealing to you.



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