

Spiritual Rx

Every now and then we get sick. Sometimes we get sick spiritually, emotionally or relationally. What "prescription" do you need for your spiritual ailment? Go to your spiritual medicine cabinet and choose a Bible verse that will help you find the healing you need. Take turns sharing with your group what passage you have chosen and why. (Note: Each person will need access to a Bible for this activity.)

Anger

James 1:19–20
Ecclesiastes 7:9
Proverbs 14:17
Proverbs 15:18
Proverbs 22:24–25
Ephesians 4:26
Matthew 5:22

Grief

Psalm 23
1 Corinthians 15:55
Romans 5:9
Hebrews 2:14–15
John 8:51
Psalm 48:14
Romans 8:38–39

Jealousy

Deuteronomy 5:21
James 3:16
James 4:5
Ecclesiastes 4:4
Proverbs 23:17–18
Proverbs 14:30

Loneliness

John 14:18
Isaiah 58:9
2 Corinthians 6:18
Genesis 28:15
Psalm 40:17
Psalm 139:1–10
Matthew 28:19–20

Forgiveness

Ephesians 4:31–32
1 John 1:9
Luke 17:3–4
Mark 11:25
Isaiah 1:18
Psalm 51
Matthew 6:14–15
Matthew 18:23–35

Fear

Luke 12:32
Mark 4:40
Isaiah 41:13
Proverbs 1:33
2 Timothy 1:7
Proverbs 3:24
1 Peter 3:12–14
Romans 8:15
John 14:27
Psalm 27:1–3
Psalm 27:14