

# LIFE GROUP

## DISCUSSION QUESTIONS

### Ask for Healing February 1, 2026

#### Summary

In this sermon, Kyle concludes *Anxious for Nothing* by looking at Hezekiah's illness and healing in 2 Kings 20, teaching us how to pray when anxiety is tied to sickness, loss or devastating news. Hezekiah responds to his terminal diagnosis by going first to God, reminding himself of God's promises, and honestly asking for healing. Scripture shows us that God does heal, though not always in the way or timing we expect. But He always loves us and will ultimately fully heal us in eternity. James instructs the church to pray together for healing with faith and humility, following the posture of Jesus: trusting God's will above our own. While Hezekiah ends his life with a cautionary moment of pride and self-focus, his story ultimately points us to Jesus, the perfect King, who invites us to trust Him in our anxious moments and live in a way that leaves a faithful, non-anxious legacy for those who come after us.

#### Scripture

2 Kings 20:1-19

The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore. Psalm 121:5-8 (NIV)

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139:16 (NIV)

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Matthew 6:25-26 (NIV)

“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” Matthew 26:39 (NIV)

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39 (NIV)

Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?” Hebrews 13:5-6 (NIV)

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Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:13-16 (NIV)

### Let's Start

When you receive bad or unexpected news, what is usually your first reaction? Do you act, worry, pray, distract yourself or something else?

### Gratitude and Prayer

How has God been at work in your life since we last met?

### Let's Talk

1. Which of God's promises shared in the sermon is most comforting to you right now, and why? (Many of these promises are in this week's Scripture verses.)
2. How do you personally wrestle with praying for healing while also trusting God's will, like Jesus modeled in Matthew 26:39?
3. Hezekiah's story ends with pride and self-focus. What helps us keep our eyes on Jesus rather than ourselves when anxiety feels overwhelming?
4. How does **worshiping God fully**—especially when life feels uncertain—help reorient your anxiety and trust in God's promises?
5. What are some of your takeaways from *Anxious for Nothing*?

### Let's Act

Bring your anxiety to God—and don't carry it alone. This week, identify one specific burden you're carrying because of what's happening in our city. Write it down, pray over it daily and share it with one trusted believer so you can pray together.

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