Small Group Discussion Notes
And Yet...He Binds our Wounds

Week 8
March 15, 2026
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Warm Up

Share about a time when you needed healing (this could be physical, emotional, relational, etc.).

Digging Deeper

What reflections do you have from Sunday's sermon regarding the way in which the Lord binds/heals wounds?

Read Psalm 84

In verse 6 we read of the "Valley of Baka" (the valley of weeping). While we don't know exactly where this location was, or even if it was in fact a specific geographic location, what is represented are places/seasons of great challenge. Share a time when you felt like you were in what could be considered a "Valley of Baka."

Verse 6 speaks to moving through the Valley of Baka toward residence with God. The Valley of Baka is not viewed as a permanent location for those who trust in the Lord, but rather part of the path we journey as we move toward spending eternity with Christ. What comfort is found in this imagery and perspective?

What other passages (perhaps a familiar Psalm) speak to this idea of navigating difficult valleys and the Lord's presence with us in those circumstances? How does the nearness of the Lord influence how we navigate such seasons?

Read Psalm 147:3

What stands out to you about this passage? What images come to mind?

Next Steps

How does God's relational nature come into play when it comes to binding up/healing our wounds?

What level of confidence do you have in the Lord binding your wounds?

When does it become challenging to trust that the Lord can bring about healing in our lives?

How has God brought about healing in your life?

In what way(s) might the Lord be wanting to use you, to bring his healing to people around you?

Final Thoughts

Read Psalm 40:1-3

Use this Psalm to guide or inform your time of prayer, as you pray for people who are in valleys of weeping.