

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! Again, if two lie together, they keep warm, but how can one keep warm alone? And though a man might prevail against one who is alone, two will withstand him—a threefold cord is not quickly broken.

## Ecclesiastes 4:9–12 (ESV)

- Mark 2:1-12 (ESV)
- → Life in Small Groups helps us heal from sin.
  - James 5:16 (ESV)

- Galatians 6:1-2 (ESV)
- $\rightarrow$  Life in Small Groups helps heal our sorrow.
  - 2 Corinthians 1:3–4 (ESV)
- → We are comforted to offer comfort.
  - Romans 12:15 (ESV)
- $\rightarrow$  Shared joy is a double joy; shared sorrow is half a sorrow.



- $\rightarrow$  Healing isn't found alone, because healing isn't for you alone.
- → Life in Small Groups helps heal our solitude.
- → When brokenness makes us feel unfit for relationships, relationships are the very place we find our healing.
- Mark 5:24b-34 (ESV)

## My Notes

Personal study/Small Group questions can be found on the Manna Church app. We'd love to hear how you are putting them to use, so let us know at smallgroups@manna.church!

