

*WORLD FEDERATION OF METHODIST
AND UNITING CHURCH WOMEN*



STUDY GUIDE FOCUS

THEME: Millennium Development Goal 6

Combat HIV/AIDS, Malaria and other diseases

Introduction to Study Guide Focus:



HOPE FOR WHOLENESS

PREPARED BY SOUTHERN & EAST AFRICA AREA OF WORLD FEDERATION

WELCOME:

GUEST SPEAKER: INVITE A MEDICAL DOCTOR OR NURSE TO SHARE INFORMATION ON COMBATTING HIV/AIDS AND RELATED DISEASES.

HYMN : LOVE DIVINE

You find the hymns in many hymn books

OPENING PRAYER:

Dear Lord, one of the great joys of life is to be a blessing to others, please help us to look for opportunities to be a blessing. May our lives be a source of blessing to all people.

Give us a love and concern for those in our communities who need You every day, and guide us in Your ways.

AMEN.

ORDER OF SERVICE

Leader:

HIV is Human Immunodeficiency virus infection

AIDS is Acquired Immune Deficiency Syndrome

The virus weakens a person's ability to fight infections

Awareness

- Teach people and children about moral values
- Sex education, to use protection
- Abstinence before marriage and faithfulness in marriages
- Use of disposal syringes
- Encourage people to go for testing
- Distribute red ribbons

Problem

Lack of awareness, Ignorance, lack of information, fear, shame and rejection

HIV and AIDS is real

Be aware, do take care

People suffering from HIV need our special love

Stigma kills, discrimination kills

We must love one another

We are created to show love

And love them with all our hearts

While we preach the AIDS message

We must preach to love them all

Reader 1.

How can we help people living with HIV

- By becoming their friends.
- Avoiding judgment or being critical about them / with them.
- Protecting the right of HIV people.
- Not to discriminate them (James 4v2 Have you not discriminated among yourselves and became judges with evil thoughts).
- Church women to visit homes of those living with HIV and pray with them.
- Identify people living with AIDS and invite them to come and give their testimonies.
- Church women to form group and source funds to help people with HIV and AIDS.
- Encourage church women to participate on International Aids Day.
- Give them the respect they deserve, show them love and care.

Reader 2

Malaria

Educate people about prevention of malaria.

Malaria is a mosquito- borne infectious disease spread by mosquito.

Symptoms of Malaria - fever, fatigue, vomiting and headache.

The risk maybe reduced:

- By using herbs and by planting herbs that keeps mosquitoes away.
- Invite people who specialize in herb gardening to teach about these herbs.
- Encourage people to use mosquito nets.
- Spraying insecticides and draining standing water.
- There are several medications to prevent malaria for those travelling to areas where the disease is common.
- Seek medical assistance for those suffering from malaria urgently.

Other diseases

People should be immunized to prevent other diseases like TB, Polio, Rota virus, measles and whooping cough

- Seek medical assistance for those suffering or have symptoms of any of these diseases including the deadly **Ebola**.

Role play: WELCOME HOME

KAREN: My name's Karen. I live with my roommates Jenny and Maria in an apartment in Jamaica Plain. We're good friends. We help each other and share everything without any problems.

Now, I'm in hospital. Last month I had a high temperature for a long time. The doctor asked me to come here, so he could check it out and I could relax, soon my temperature was normal. Now I feel all right, I want to go home but the doctor told me I had to take some more tests and he suggested that I have the HIV test too and find out why I got sick like that.

Jenny and Maria came to see me every day. Yesterday morning when I got up, I saw the doctor. He had bad news for me. I was very shocked! He told me I am HIV positive.

Oh! my goodness! I can't believe what I heard. I 'm healthy, I'm in good shape, I have a good future.

Now I feel down, I feel like everything is gone. I think about what happened to me all day long. I don't know what to do, I need help! I need help!

When my friends came to see me last night, I told them that I am HIV positive. When they heard the news, they seemed scared. They told me, "TAKE IT EASY, we don't mind what happened to you, we'll help you face it, we won't leave you alone" then they went home. But I don't know what they really think about me.

I am worried. I don't know how I got it or why I got it. I don't think I've had unsafe sex and I don't use drugs. But I've just remembered I had a blood transfusion about ten years ago.

This evening I'll leave the hospital and go home. I don't know what my roommates think about me.

Will they welcome me home or not? I can't live alone. I'm worried. I'm afraid. Can anybody tell me what to do?

JENNY : Maria, this evening Karen will come back home from the hospital, let's clean up the house and do something for her.

MARIA : What! She's coming back this evening. Oh no! I don't want to live with her again. Tell her to find another place to live. You know, she has AIDS. If she lives with us, we'll get AIDS from her. I'm afraid. I don't want to live with her anymore.

JENNY: Probably we can't get HIV from her and if we can't help Karen, who will help her? Did you think about that? Do you know what the difference is between HIV and AIDS?

MARIA: Of course I know. If people have AIDS, they will die soon. AIDS is a deadly disease; it's spreading fast in the world. I can't stand behind her. I'm worried I may get AIDS from her.

JENNY: You're confused. HIV is different from AIDS. AIDS is the final most severe stage of HIV. She's only HIV positive. It doesn't mean she has AIDS. If she keeps healthy, she may live as long as we do. HIV is a virus which breaks down the body's immune system. People die from AIDS, because of the diseases and the infections they get that the body can't fight. HIV can live in people's fluids, like blood, sex fluids and breast milk and they can look and be healthy for a long time.

MARIA: Is it true? I've never heard about that. How about the other things? If Karen wants to live with us, I won't touch anything that she touches or uses, like the toilet, chairs, furniture and.....and I don't want to touch her either.

JENNY: You have the wrong idea. People can't get HIV by touching, hugging, toilet seats, shaking hands, kissing on the cheek, food prepared by an HIV positive person and.....it's not passed on by casual contact. So living with Karen is not a problem. You

know, people only get HIV from unsafe sex, using unclean needles; also an HIV positive mother can infect her baby when she's pregnant.

MARIA: Do you know how Karen got it? I know she didn't sleep around and she doesn't use drugs.

JENNY: I remember almost ten years ago, she had a blood transfusion. Maybe this is why she is HIV positive. I feel sorry for her.

MARIA: Me too, are you sure we won't get AIDS from her?

JENNY: Yes I'm sure. If we are careful all the time, we won't get infected, it's no problem. If you still have any problems, let's go and find a counsellor together tomorrow. Now, can Karen come back here?

MARIA : Tonight is no problem, but tell her to take care of everything, make sure everything she touches , she cleans; and tomorrow, we're going to meet a counsellor.

JENNY: I'm glad you said that. Karen lives in this city alone, we're her best friends, we have to help her.

MARIA : If she won't spread AIDS to me, I'm going to help her too.

KAREN : Hello, Jenny, Maria. I'm home now.

JENNY & MARIA : Welcome home!

KAREN : I'm very happy that you don't mind that I'm HIV positive.

JENNY : We don't mind. Tomorrow we'll go to the counsellor, talk about our future and how to take care of you.

MARIA : I'm still confused but I can help you too.

KAREN: Thank you my friends.

Borrowed with thanks from Wai Ming Chan
Consuelo Chapeta, Altagracia Mejia

HYMN:

My hope is built on nothing less

Scripture Reading:

Acts 9: 36 - 43

Matthew 4: 23 – 25

BIBLE STUDY:

JESUS OUR HEALER TODAY

Healing in the Atonement

INTRODUCTION

Sickness and death entered the world as a result of the fall. With the fall of mankind into sin, all good things that God created were distorted . If we believe that Jesus Christ came to the world to redeem mankind from sin, then it follows that His redemption also removed the cause of sin.

“Therefore , just as through one man sin entered the world, and death through sin, and thus death spread to all men, because all sinned” (Romans 5;12)

LESSON OUTLINE

1. THE CAUSE OF SICKNESS

A. Entrance of sin into the world

- 1. How did sickness enter the world? Through the sin of Adam*
- 2. Sin, sickness , and death came into the world through Adam's transgression.*
- 3. Sickness causes death*
- 4. The devil tempted Adam , and the devil was the author of sickness and death*

B. The remedy for sickness

- 1. When Jesus made atonement for human sins, He made salvation available to all*
- 2. In the same way , when He atoned for man's sickness, He made healing available to all*

C Receiving healing

- 1. You cannot have faith beyond the known will of God*
- 2. We must be convinced that it is God's will to heal us*
- 3. God's Word reveals God's will*
- 4. Faith comes by hearing , and hearing by the Word of God*

11.The OLD TESTAMENT TYPES AND SHADOWS THAT POINT TO JESUS

A. The Passover in Exodus

- 1. After eating the Passover meal ,2-3 million Jews left Egypt completely healthy*
- 2. The Lord healed the people 765 years later when Hezekiah kept the Passover*

B. The serpent in the wilderness

- 1. The children of Israel had been disobedient , and many were dying because they were being bit by serpents*
 - 2. When Moses lifted up the serpent on a pole in the wilderness , everyone was healed and forgiven of rebellion*
 - 3. That serpent on a pole is a type of Jesus Christ on a cross*
- C. The seven redemptive names, in which God revealed on the cross Himself*
- 1. All these names point to Calvary and His sacrifice*
 - 2. After the Red Sea , the first name by which God revealed Himself to the Israelites was “Jehovah Rapha”;the Lord your healer.*
 - 3. All seven names reveal the nature and character of God , and they all point to Jesus 'sacrifice . See also Psalm 103:3*

11.1 THE KEY SCRIPTURAL BASIS FOR JESUS AS OUR HEALER TODAY

(ISAIAH 53:3-5)

A. AT CALVARY

- 1. These verses tell us what Jesus Christ has done for us through His sacrifice*
 - 'He is despised and rejected by men, a man of sorrows and acquainted with grief*
 - ”(Isaiah 53:3)*
 - “Surely He has borne our grief and carried our sorrows “ (Isaiah 53:4)*
 - “ ...and by His stripes we are healed (Isaiah 53:5)*
- 2. The word “**grief**” in Isaiah 53: is translated as sickness and disease from the Hebrew word “choli’*
 - 12 times translated -sickness*
 - 7 times translated -disease*
 - 4 times translated -grief*
- 3. “Sorrows” means physical pains and is from the Hebrew word “makob”*
- 4. “Surely” means absolutely beyond the shadow of a doubt”God emphasised this”*
- 5. “Borne “Surely He has borne our sicknesses”Isaiah 53: 4)*
- 6. Carried : The Hebrew word -sabal -means to bear something as a penalty*

In Isaiah 53:4 -sabal - refers to pains or sorrows.

In Isaiah 53:11 -sabal- is also used to refer to inequities.

B Confirmation in Jesus 'ministry and application today (Matthew 8:16-17)

- Jesus forgave sins and healed sicknesses on the grounds of what He was going to do in the future*
 - 1. Jesus provided healing for everyone. No one is excluded*
 - 2. Both our bodies and our spirits belong to God. We were bought with the precious blood of Christ (1Peter:18-19)*
 - 3. By His stripes (1 Peter 2:24)*
- On the cross, both sin and sickness were taken care of.*

CONCLUSION

The same power that forgives sins , heals diseases (Matthew 9;6-7). Jesus forgave the person's sins, then He healed the man . Sin and sickness both came through Adam and the fall. But they were both taken care of by Jesus Christ, the second Adam , through the atonement on the cross.

GROUP DISCUSSION

1. *Read the account of the man healed by Jesus at the pool of Bethesda in John 5;1-15*

- *For how long did that man have his infirmity(John 5:5)*
- *What was Jesus 'question to him (John 5:6)*
- *What did this question reveal about Jesus?*
- *What command did Jesus give to the man? (John 5:8)*
- *What action took place? (John 5:9)*
- *What was the cause of this man 's infirmity? (John 5:14)*

2. *It is impossible to think about sickness without considering sin as the initial cause .*

If sin had not entered the world , there wouldn't have been sickness (this is confirmed by the life of our Lord on earth)

- *Did you ever read that He felt sick anytime?*
- *Why not?*
-

SELF STUDY

1. *Search the scripture and find the following Old Testament events that were referred to in this lesson. Write out the Scriptural references below*

- *The Passover lamb in Egypt*
- *Hezekiah keeping the Passover*
- *The brazen serpent in the wilderness*
- *The revelation of the redemptive name of the Lord “ Jehovah Rapha,” the Lord our Healer*

2. *Memorize 1 Peter 2:24*

Reference

The Holy Bible

What the Bible is all about – Dr Henrietta C. Mears

International School of Ministry Workbook



PRAYER OF INVOCATION AND ADORATION

LEADER: Gathering in God's Name – A call to Worship

Leader: Christ is risen

He is risen indeed!

Leader: Like a good shepherd he cares for us

There is nothing we lack

Leader: Like a good shepherd he leads us

The right paths are before us

Leader: Even in the darkest valley we shall not fear

For Christ is with us

Leader: Yes, the risen Christ is with us

We are not alone!

PRAYERS OF INTERCESSION

WOMAN 1

Risen Christ, the grave could not define you. Come to us, that we might know the liberation of your resurrected life.

We pray for all who are walking through the dark valleys of grief, depression or despair.

WOMAN 2

We pray for all who are living with cancer, HIV/AIDS, Malaria, Ebola or any life threatening illness.

We pray for all who are entombed in grinding poverty, homelessness or unemployment.

WOMAN 3

We pray for all whose lives have been devastated by violence, abuse, war, oppression or injustice of any kind.

WOMAN 4

We pray for those ensnared by greed, corruption or materialism.

In all these ways in which life is diminished, may your resurrection power be known.

OFFERTORY

BLESSING/BENEDICTION

May God bless us with discomfort at easy answers, half- truths and superficial relationships, so that God's love may live deep within our hearts.

May God bless us with anger at injustice, oppression and exploitation of people, so that we may work for justice, freedom and reconciliation.

May God bless us with tears to shed for those who suffer from pain, rejection, starvation and war, so that we reach out our hands to comfort them and turn their pain into joy.

And may God bless us with enough foolishness to believe we can make a difference in this world, so that we can do what others claim cannot be done: to bring justice and kindness to all our children and the poor

Amen
