

RESPOND

Assess what God is doing in your heart right now. What physicians is God inviting you to turn away from in this moment? How can you turn to helpful solutions over the next week to experience healing from your suffering?

Deal with Yourself

**“Finding the Helpful Solution for
Your Suffering”
Mark 5:24-34**

Mark 5:24-34 (NIV)

^{24b} A large crowd followed and pressed around him. ²⁵ And a woman was there who had been subject to bleeding for twelve years. ²⁶ She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse.



²⁷ When she heard about Jesus, she came up behind him in the crowd and touched his cloak, ²⁸ because she thought, “If I just touch his clothes, I will be healed.” ²⁹ Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

³⁰ At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” ³¹ “You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’”

³² But Jesus kept looking around to see who had done it. ³³ Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. ³⁴ He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

DISCUSS

- The crowd of people and this woman have very different experiences with Jesus. What do you think prevented others in the crowd from experiencing the healing of Jesus that day? What is keeping you from experiencing freedom from suffering like those in the crowd who touched Jesus, but did not experience His power?
- The woman understood enough about the power of Jesus to realize how simple it was to receive healing. Are there people in your life that have convinced you that a relationship with Jesus was complex or inaccessible? How does this story in encourage you in your spiritual journey?
- Jesus tells the woman her faith is what healed her. Jesus also calls her daughter even though her issue might have caused others in her life, her relationships, and/or her culture to reject her. How does Jesus including you in the family provide healing or hope in the midst of your suffering? What do you need to hear about Jesus to experience His healing?
- When it was time to be bold and declare about the healing she received from Jesus at His request, the woman pushed through her fear and spoke her whole truth. What are some bad consequences you might experience if you were bold in your witness about the true power and healing of Jesus? What would it take for you to push through any fears or apprehensions due to the possible consequences in boldly proclaiming truth?