

## Deal With Yourself

### “Finding the Helpful Solutions for Your Suffering”

Mark 5:24b-34 (New International Version)

#### CONSIDER

As we prepare to discuss the scripture for today, we acknowledge that culture and society presents different views of Jesus.

- A “White Colonized” Jesus who was imposed on our ancestors by slave owners.
- A “Prosperity” Jesus who we connect to receive our desires, needs, and wants.
- A “Discovery Channel” Jesus who didn’t exist in the way the Bible presents Him (i. e. He has a Wife, He is a myth of Romans)
- The Scriptural Jesus the woman in this story was drawn to.

**What views of Jesus have you heard from others or discovered on your own, including the views expressed above?**

The woman in this story has been suffering with her issue for an extended period of time. After visiting different doctors and spending all she had on treatments, nothing was bringing healing and her condition was growing worse.

**Do you feel like you are suffering with an issue (i.e. loneliness, abuse, physical illness, depression) and your desire for it to end? What solutions have you run to that were unhelpful?**

*We all have things we have been suffering with for an extended period time and it is getting worse. Sometimes someone’s biases of Jesus affect their willingness to receive Him as a solution to their issues. We invite you to enter the text identifying with the woman as you consider your own suffering.*

#### READ

<sup>24b</sup> A large crowd followed and pressed around him. <sup>25</sup> And a woman was there who had been subject to bleeding for twelve years. <sup>26</sup> 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. <sup>27</sup> When she heard about Jesus, she came up behind him in the crowd and touched his cloak, <sup>28</sup> because she thought, “If I just touch his clothes, I will be healed.” <sup>29</sup> Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

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



<sup>32</sup> But Jesus kept looking around to see who had done it. <sup>33</sup> Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. <sup>34</sup> 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. The woman received healing, but the crowd received nothing. 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. With one simple touch she immediately received the healing she desired. Are there people in your life that have convinced you that a relationship with Jesus was complex or inaccessible? How does this story encourage you in your spiritual journey?
- Jesus tells this woman her faith is what healed her, and even though her issue might have caused others in her life, her relationships, and/or her culture to reject her, Jesus calls her daughter. He continues by directing her to go in peace and be free from all of her suffering. Jesus desires for all to receive the healing only available through Him. Her faith, which led to freedom, was empowered by what she heard about Jesus. How does Jesus including you in the family provide healing or hope in the midst of your suffering? What do you feel like you need to hear about Jesus to experience His healing?
- In Leviticus 15:19-33 the law states that any woman on her menstrual cycle or experiencing a flow of blood for many days is considered ceremonially unclean. It then explains how others become unclean by touching her and provides requirements for her to be clean again. Thus, this woman's presence in the crowd that day could have resulted in heavy punishment. Even so, when it was time to be bold and declare about the healing she received from Jesus at His request, she 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?

## RESPOND

*We invite for you to respond in a way that speaks to transformation and affirmation of black culture, turns your attention to the black community on your campus, and focuses on impact to your home community.*

The woman in the story recognized she could not receive the healing she desired from the different physicians she turned to. Her only helpful solution was connecting to Jesus.

**Black culture** has been suffering for years. Some of the physicians we turn to are hip-hop artist, social media activists, and religious leaders. **Discuss how it would benefit our Black community...**

...to have hip-hop artist who don't popularize problems and instead they name the problems and identify the solutions.

...to have social media activist who doesn't brand the injustice issues in the world and instead mimic the civil rights approach of MLK and the Black Panthers by identifying strategies with an end goal in mind.

...to have a religious leader who doesn't promote themselves or their church and instead care about the advancement of their community through biblical principles.

**Black college students and/or faculty** have been suffering for years. Some of the physicians we turn to is party culture, academic gods, and relationships. Though peace may appear to be the absence of tension, finding practical things to function more effectively provides lasting peace. **Discuss more helpful solutions outside of partying away your sorrows, burying your pain with schoolwork, or distracting yourself with unhealthy relations that would benefit the black community on your campus.**

Your **home community** has been suffering for years. Some of the physicians we turn to are our family, old friends, and our environment. However, sadly at times instead of being helpful our family ties us to old identity labels we have released or rejects us because we have received healing, our friends draw us back to old habits that never helped in the past, and our environment disguise unhelpful solutions as something easy. Think about specific issues plaguing your home community. **Discuss how it would benefit your community back home to find helpful solutions that bring transformation and relief.**

## CLOSE

Assess what God is doing in your heart right now. What physicians is God is 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?