

RL GROUPS

Grace | God-sized Vision | For Every Generation

Mark 5:26-29, 34

21 When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around him while he was by the lake. 22 Then one of the synagogue leaders, named Jairus, came, and when he saw Jesus, he fell at his feet. 23 He pleaded earnestly with him, "My little daughter is dying. Please come and put your hands on her so that she will be healed and live." 24 So Jesus went with him. 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.

34 He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."



Questions for Discussion

1. What would you most like to change about your physical life? In what ways could we become more physically healthy?
2. Why do you think the church struggles to address physical health?
3. Read Mark 5 together. What do you think the woman and the girl's father saw in Jesus that made them think He could heal them?
4. What are some ways that Christ wants us to be physically healthy? What motivates you to become more healthy?
5. Do you control your appetites, or do they control you?
6. Where do you see the "microwave mentality" in your own life? How can you become more consistent in your physical health?
7. What is one way that you're going to make a personal, human connection with someone else this next week?