



“Why Jesus?” - A series about sharing our faith stories about why we follow Jesus and the difference he makes in our lives.

Why Jesus? Jesus Heals

It is no secret that we live in a world that struggles with sickness. And it is not just our imperfect bodies that can be born with defects, catch diseases, and eventually break down as we age. The hurt that we feel in our bodies sometimes is nothing compared to the psychological and spiritual harm that we both receive and inflict on others. Those who have followed Jesus throughout time have discovered that Jesus has the power to heal and sometimes describe him as “The Great Physician”. But we find that Jesus is concerned not only with healing us from physical pain but also with offering forgiveness that heals our souls.

Jesus Heals a Paralyzed Man - Mark 2:1-12

1 When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. **2** Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God’s word to them, **3** four men arrived carrying a paralyzed man on a mat. **4** They couldn’t bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. **5** Seeing their faith, Jesus said to the paralyzed man, “My child, your sins are forgiven.”

6 But some of the teachers of religious law who were sitting there thought to themselves, **7** “What is he saying? This is blasphemy! Only God can forgive sins!”

8 Jesus knew immediately what they were thinking, so he asked them, “Why do you question this in your hearts? **9** Is it easier to say to the paralyzed man ‘Your sins are forgiven,’ or ‘Stand up, pick up your mat, and walk’? **10** So I will prove to you that the Son of Man has the authority on earth to forgive sins.” Then Jesus turned to the paralyzed man and said, **11** “Stand up, pick up your mat, and go home!”

12 And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, “We’ve never seen anything like this before!”

Jesus heals our bodies AND our spirit

Jesus demonstrates his ability to heal what is obvious so that we may know that he has the power to help us heal from the things that are not obvious.

What difference does Jesus make?

1. Jesus has the power to heal our bodies
2. Jesus helps us heal from the things we’ve done
3. Jesus helps us heal from the things done to us

REFLECTIONS

1. What kinds of sickness do you encounter in your life and in the lives of the people you love? Mental health? Physical ailments? Addictions?
2. What is your reaction to Jesus offering “forgiveness” to a man who is paralyzed and clearly looking to be healed from his physical ailment in Mark 2?
3. Reflect on your own healing experiences, both physical and emotional/spiritual. Which ones were most difficult? Most meaningful?
4. Where are places in your life that you still hope for healing?
5. If you can point to Jesus as a source of healing in your life, how might you share that story with others?