

## Healing and Wholeness (1) Foundations Mark 2.1-17

### Opening up! Connecting with each other.

Question: What is healing? Share together words and short phrases that reflect your understanding of healing.

### Listening in!

- **Read Mark 2. 13-17**

We hear a call to follow Jesus, perhaps into the unknown, certainly on an adventure together. At the start of this series, let's look to Jesus to lead us. Jesus teaches that we are all, to some extent, sinners and those who are not well. We are all, therefore, in need of saving and healing.

### Series prayer

Come in weakness, find strength; come in sickness, find health  
Come in chains, find freedom; come in confusion, find peace  
Come in sorrow, find joy; come in doubt, find faith  
Come in despair, find courage; come alone, find Christ.

- **Read Mark 2. 1-12**

The story shows Jesus as the source of healing and wholeness. You could also look at Exodus 15.26; Psalm 103.3; Psalm 147.3 and Isaiah 53.5.

You might want to share briefly any experiences of God's healing, however small or insignificant they might feel.

The story shows healing through the truth that brings freedom. Jesus is in himself truth and life. His ministry is one of setting people free to be or become who they were made to be. The Holy Spirit continues that ministry through us. How might Jesus bring healing that gives some kind of freedom?

Jesus' healing brings peace - in this case through forgiveness.

This story points to 3 other things that God does when he brings his healing and wholeness – as seen in healing stories throughout the Bible.

1. We are transformed through God's presence by His Spirit and His Word – the whole story from Mark illustrates this. (see also Romans 8.6 & Galatians 5.22)
2. Integration comes from being at peace and feeling welcomed by God and his peace – the 4 friends, the spectators and Jesus illustrate this.  
Welcome and hospitality form the foundation to help us accept God's peace and healing.  
How welcoming are we?  
An unwelcoming and uncaring church denies God's healing power.  
Can we improve? If so, how?
3. Freedom comes from discerning and following our God-given calling (see Mark 1.30.32)

Spend some time in quiet reflection and consider what God is saying to you, as an individual, through this Bible passage or teaching?

### Looking out!

Discuss with one another how you feel this applies to your life today and share whether there are any actions you need to take in the light of what God has said to you?

### Looking up!

Turn your responses to God's word into prayer for healing – maybe for one another, maybe for others, maybe for a part of our broken world ... or a bit of each. (Just remember to keep anything shared confidential)