

From the Inside Out

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Review

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Key Scriptures: Mark 2:1–12

Discuss

1. In Mark 2, the four men who carried the paralyzed man tenaciously sought Jesus for a miracle. What does this teach us about seeking Jesus?
2. If you had been in the house when the men were creating a hole in the roof, what thoughts would have been running through your mind?
3. Jesus spoke to the paralyzed man's need to be healed on the inside. How are we all like the paralyzed man in this story?
4. Why does God want to address what is on the inside of us before addressing the outside?
5. Share about the time you first realized Jesus forgave all your sins. What was that experience like?
6. Have you been healed physically or experienced a miracle? Share if you're comfortable.
7. Jesus told the man to take up his mat and walk. Is there an area of your life where God has told you to take up your mat and walk by faith?
8. If you were laid before Jesus like the paralyzed man, what would you ask Jesus to heal in you? Take a moment to pray and ask Him.
9. What is the Holy Spirit saying to you through this message?

Takeaway

As we conclude, remember the following:

- Jesus wants us to heal us from the inside out.
- The greatest miracle Jesus performed is forgiving our sins.

Prayer

Heavenly Father, thank You that You want to heal us from the inside out. You don't stop at healing us physically; You heal us spiritually and forgive all our sins. Wash us and cleanse us. Make us new and whole from the inside out. We surrender ourselves to You. In Jesus' name we pray, Amen.

Leader Tip

Summer is a time when some people may feel disconnected. Consider asking your group members if they would like to still meet with each other during the summer to pray and spend time in community. If there is a lot of interest in this idea, you can see who in your group would be willing to coordinate those summer gatherings. This can help those who feel they need extra support to remain connected with others while you recharge.

Group Dynamics Idea

Summer is here! Plan a picnic with your group at a park, lake, or in someone's backyard. Keep it simple and have everyone bring something to keep the load light on the leader. Most of all, have fun!