

REFLECTION GUIDE

2.25.24

INTRO

In Jesus' culture, illness or physical differences were often seen as evidence of God's curse on someone. Those who suffered were shunned and abandoned by society. Jesus helped people who were treated as *nobodies* realize they were *somebodies*.

THOUGHTS

PRAYER

Loving God, help me to make the people in my life feel like they matter. Help me be ready to do whatever it takes to bring healing and wholeness into their lives by living a life filled with love. I want to be quick to forgive and someone my loved ones can count on. Amen.

DIGGING DEEPER

- Have you ever felt embarrassed or ashamed of a physical or emotional issue you were dealing with? What reactions from others were the hardest to deal with?
- Jesus had great compassion for those who were suffering. Read Luke 5:17-32.
 - What stands out to you about this story?
 - What did Jesus point out about the men?
 - Why do you think the Pharisees were upset?
 - What do you think was the point behind this miracle?
- The shadow of criticism can ruin a good thing. In general, is it easier for you to find joy or to fall into a critical or fault-finding state of mind? Why?
- Jesus affirmed the extreme actions of the friends of the man in the passage. Can you bring to mind people in your life who would go to great lengths to help you find healing and wholeness? Who would you go to great lengths to help? Is there anyone that comes to mind with whom you could work to develop a deeper relationship?
- Describe why you think forgiveness is an act of healing. Is there anyone in your life who needs your forgiveness or whom you need to forgive? What type of healing could that potentially bring?