

Touch Jesus and Be Healed (Mark 5:24-34)

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: While Jesus was walking to Jairus' house to heal his dying daughter, a desperate woman with a chronic blood disease pushed through the crowd to get to Jesus. For twelve years she suffered with bleeding, pain and exhaustion, mistreatment from doctors, poverty, shame, and isolation, but she believed that she'd be healed if she could just touch even the hem of his garment. She did and she was healed in body and soul! She didn't just touch Jesus' clothes, *she touched his heart*. Through faith we too can touch the heart of Jesus to be freed from physical or emotional suffering.

Opening Prayer: Lord Jesus Christ... I look to your hand of mercy (Inspired by Psalm 123:1-2)

Read Scripture: Mark 5 (NIV84)

24 A large crowd followed and pressed around [Jesus]. 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.

30 At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"

31 "You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'"

32 But Jesus kept looking around to see who had done it. 33 Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. 34 He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.