

Mark 2:1-12 | *Jesus Heals: Mental Health and the Church***Mark 2:1-12**

¹ A few days later, when Jesus again entered Capernaum, the people heard that he had come home. ² They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. ³ Some men came, bringing to him a paralyzed man, carried by four of them. ⁴ Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. ⁵ When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven."

⁶ Now some teachers of the law were sitting there, thinking to themselves, ⁷ "Why does this fellow talk like that? He's blaspheming! Who can forgive sins but God alone?"

⁸ Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? ⁹ Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? ¹⁰ But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, ¹¹ "I tell you, get up, take your mat and go home." ¹² He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, "We have never seen anything like this!"

QUESTIONS

1. The Healing of the Paralytic is a familiar story. To you, what is the most significant aspect of the story? Why?
2. The paralytic probably wanted physical healing, but what he really needed was to have his sins forgiven. Can you describe a time when God gave you what you needed, rather than what you wanted?

3. The paralytic's friends went to great lengths to bring him to Jesus. This incident took place in a culture where disabilities were associated with sin.
 - (a) How might you emulate the example of the paralytic's friends?
 - (b) What obstacles do you think you would encounter?
 - (c) How do you think you can overcome these obstacles?

4. In the sermon, "talk about mental health", "be sensitive", "equip yourself with knowledge on mental health", and "be present" were some ideas about what Christians can do to help those who struggle with their mental health.
 - (a) What do you think of these suggestions?
 - (b) As a church, how do you think we can address this issue better?
 - (c) What might your role be in this?

5. GMC's theme for 2021 is "Following Christ in Every Season". One aspect of it has to do with *People*. Without mentioning names: is there someone you know who is going through mental health issues (this person may be from church or from somewhere else)? How can you begin to express Christ's love and compassion to this person?