

A vertical photograph on the left side of the page shows water being poured from a white pitcher into a clear glass. The water is captured in motion, creating a blurred stream as it falls into the glass. The background is dark and out of focus.

SESSION 5

JESUS HEALS

▶ ***The Point***

Jesus brings healing to our lives.

▶ ***The Passage***

Mark 5:22-24, 35-43

▶ ***The Bible Meets Life***

When it comes to pain and illness, many of us fall into one of three categories: call the doctor immediately, try our own home remedies or over-the-counter solutions, or ignore it and hope it goes away. I fell into the third group when I started suffering from heartburn and stomach pain. But after the pain had gone on far too long, I finally went to the doctor. After several rounds of treatments and tests, the doctor announced I had several things wrong: a hiatal hernia, severe acid reflux, and a pre-cancerous condition in my esophagus.

For months, I followed the doctor's instructions. But I finally made another decision: I asked others to pray for me. And they did. A short time later, the doctor told me: "Robby, you've done everything I've asked you to, but I'm still amazed. Your esophagus is just fine." It hit me: calling on the Lord should have been the first thing I did! The Gospel of Mark records the story of a man who didn't follow my example. He went to Jesus first. And in this session we'll explore together the incredible result of his faith.

▶ ***The Setting***

After Jesus calmed the storm (see Mark 4:35-41), He again displayed His power and authority in the land of the Gerasenes. In this predominantly Gentile region, He was confronted by a demon-possessed man who lived among tombs. Jesus exorcised a host of demons from the man, leading the fearful local residents to insist that He leave. (See 5:1-20.) When He arrived on the other side of the lake, Jesus encountered a synagogue leader who desperately needed His power over sickness and disease.

What does the Bible say?

Synagogue leaders (v. 22)—
These were respected laypersons in the community who had administrative oversight of the Jewish houses of worship known as synagogues.

Mark 5:22-24,35-43

22 Then came one of the rulers of the synagogue, Jairus by name, and seeing him, he fell at his feet

23 and implored him earnestly, saying, “My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well and live.”

24 And he went with him. And a great crowd followed him and thronged about him.

35 While he was still speaking, there came from the ruler’s house some who said, “Your daughter is dead. Why trouble the Teacher any further?”

36 But overhearing what they said, Jesus said to the ruler of the synagogue, “Do not fear, only believe.”

37 And he allowed no one to follow him except Peter and James and John the brother of James. 38 They came to the house of the ruler of the synagogue, and Jesus saw a commotion, people weeping and wailing loudly.

39 And when he had entered, he said to them, “Why are you making a commotion and weeping? The child is not dead but sleeping.”

40 And they laughed at him. But he put them all outside and took the child’s father and mother and those who were with him and went in where the child was.

41 Taking her by the hand he said to her, “Talitha cumi,” which means, “Little girl, I say to you, arise.” 42 And immediately the girl got up and began walking (for she was twelve years of age), and they were immediately overcome with amazement.

43 And he strictly charged them that no one should know this, and told them to give her something to eat.

GET INTO THE STUDY



DISCUSS: Question #1 on page 45 of the PSG: **“What are some home remedies you rely on when you’re sick?”**

Note: Also encourage group members to talk about home remedies their parents relied on back when they were growing up.

ACTIVITY (OPTIONAL): To illustrate the theme of sickness, bring a Vicks® Vaporizer into your meeting space. Have

the vaporizer running as your group members enter. Before discussing Question #1, above, ask for volunteers to talk about their reactions to the vaporizer. What did they think of when they first saw it? What emotions does the smell evoke? When was the last time they saw one?

Note: If you don’t have access to a vaporizer, consider bringing in some essential oils or other fragrant remedies. Allow your group members to hold and smell those fragrances, and then encourage them to share what emotions or memories each fragrance evokes.

GUIDE: Direct group members to “The Bible Meets Life” on page 46 of the PSG. Introduce the concept of turning to God for healing by reading or summarizing the text—or by encouraging group members to read on their own.

GUIDE: Call attention to “The Point” on page 46 of the PSG: **“Jesus brings healing to our lives.”**

PRAY: Transition into the study by confessing that all people need healing in one form or another, including yourself. Pray that you and your group members will end this session with a better understanding of the different ways Jesus can bring healing into your lives.

Notes



STUDY THE BIBLE

Mark 5:22-24

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***22** Then came one of the rulers of the synagogue, Jairus by name, and seeing him, he fell at his feet **23** and implored him earnestly, saying, “My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well and live.” **24** And he went with him. And a great crowd followed him and thronged about him.*

READ: Mark 5:22-24 on page 47 of the PSG. Read the text out loud or ask a volunteer to do so.

GUIDE: Encourage group members to read the first two paragraphs on page 47 of the PSG in order to gain some background information on Jairus—including why Jairus’s appeal to Jesus would have been shocking in the community.

ACTIVITY (OPTIONAL): Encourage volunteers in your group to take turns acting out some of the ways Jairus may have “begged” Jesus. Challenge them to read his words “earnestly” from the text.

RECAP: Read aloud the first two paragraphs on page 48 of the PSG:

Many of us initially approach Christ in the same way: we come out of desperation, but only after we’ve tried all human possibilities for relief. We are desperate for healing, restoration, direction, purpose, identity, or freedom from the bondage of sin and addiction. Whatever the source of our desperation, we look to Jesus for help.

Thankfully, Jesus doesn’t turn us away. He comes when we seek Him even as He did with Jairus—He looks on us with compassion and meets us where we are.

DISCUSS: Question #2 on page 47 of the PSG: **“What are some common obstacles that keep us from turning to Jesus with our needs?”**

TRANSITION: We’re going to jump ahead to look at verses 35-40. In doing so, we’ll see not one, but two surprising developments occur regarding Jairus’s little girl.

ALTERNATE QUESTION:
What events or situations have drawn you to Jesus?

Mark 5:22-24 Commentary

[Verse 22] After being asked to leave the land of the Gerasenes, Jesus returned to other side of the lake. He likely landed at Capernaum, where He had taught in parables earlier. (See Mark 4:1-34.) Once He landed, Jesus encountered a large crowd—and a man named **Jairus**. Little is known about Jairus except that he was **one of the rulers of the synagogue**. The synagogue system developed during the Jewish captivity in Babylon. With Solomon’s temple destroyed and the Jews taken into exile, the synagogue was developed as a place of local instruction and worship.

As a leader of his local synagogue, Jairus would have been the layman responsible for organizing and conducting worship services and religious instruction. Though not a priest or rabbi, synagogue leaders were highly respected in their towns. Unlike other religious leaders Jesus dealt with, Jairus came with humility. It’s likely that he bowed at Jesus’ feet out of respect and need, rather than reverence. Mark gives no indication that Jairus accepted Jesus’ claim of deity at this point.

Though Mark was silent on the synagogue leader’s background, Jairus apparently had heard about Jesus’ ability to heal, so he turned to Him in desperation. He simply had a need that could not be met any other way.

[Verses 23-24] Mark’s use of the word **“implored”** confirms that Jairus was desperate for Jesus’ help. In other passages, people came to Jesus with similar feelings of desperation. Later in this chapter, we see another desperate person, a woman with a bleeding disorder (see vv. 25-34), interrupt Jairus’s own desperate situation. This woman had seen numerous doctors and had spent all she had—only to grow worse. (See vv. 25-26.) She saw Jesus as a last hope for healing. Jairus may have been in the same situation, and his request tugs at the heart of any parent. His young daughter wasn’t just sick. She was **at the point of death**.

While Jairus’s request, **“Come and lay your hands on her, so that she may be made well and live,”** was rooted in Jesus’ ability to perform a miracle rather than His position as God’s Son, the passage still hints at spiritual transformation. The Greek word for **“made well”** is also translated as “save.” It’s the same word Mark used for the woman with the blood issue in verse 34.

Jairus’s request also reveals a measure of faith on his part. Whatever doubts he might have had, he overcame them and believed Jesus could save his daughter’s life.

Jesus acknowledged Jairus’s need and **went with him**. As usual, **a great crowd** surrounded Jesus and followed Him on the way to Jairus’s house. This stands in stark contrast to the last crowd Jesus had dealt with. On the other side of the lake, a crowd of Gerasenes had asked Him to leave their region. (See v. 17.) Now, back among Jews, the crowds again welcomed Him and were willing to follow Him to find out what would happen next.



STUDY THE BIBLE

Notes

Mark 5:35-40

35 While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" 36 But overhearing what they said, Jesus said to the ruler of the synagogue, "Do not fear, only believe." 37 And he allowed no one to follow him except Peter and James and John the brother of James. 38 They came to the house of the ruler of the synagogue, and Jesus saw a commotion, people weeping and wailing loudly. 39 And when he had entered, he said to them, "Why are you making a commotion and weeping? The child is not dead but sleeping." 40 And they laughed at him. But he put them all outside and took the child's father and mother and those who were with him and went in where the child was.

READ: Mark 5:35-40 on page 48 of the PSG.

GUIDE: Encourage group members to read the first two paragraphs on page 50 of the PSG in order to connect the story of Lazarus with Jairus's daughter.

DISCUSS: Question #3 on page 50 of the PSG: **"What have you learned in recent years about trusting God?"**

DO: Direct group members to complete the activity "Asked and Answered" on page 49 of the PSG. Remind everyone to return to this activity in the days and weeks to come in order to record the results of their prayers.

Prayer is the most common way we ask Jesus to bring healing into our lives. But we often forget to look back at the results of our prayers. Use the chart below to record five important requests you have made of God in recent months. In addition, record the ways in which God has responded to those requests so far.

My requests

God's answers

When has God answered your prayer in a way that led to rejoicing?

TRANSITION: As we conclude with verses 41-43, we'll see an exciting example of the way Jesus can bring healing to our lives.

ALTERNATE QUESTION:

How does fear affect our faith?



Mark 5:35-40 Commentary

[Verse 35] Sometime between his initial encounter with Jesus and his arrival at home, people coming from Jairus's house (either his friends or servants) gave him a devastating report: **"Your daughter is dead."** The people's words, **"Why trouble the Teacher any further?"** may have carried a sarcastic tone. Perhaps they had originally tried to discourage Jairus from going to Jesus in the first place.

[Verse 36] Jesus overheard the people's comments. With His words to Jairus, **"Do not fear, only believe,"** Jesus challenged Jairus to maintain his faith in Jesus' ability to save his daughter—to believe even in the face of death.

[Verse 37] Jairus had a choice to make. He could choose to trust Jesus and keep moving toward his home (and the body of his daughter), or he could choose to call the whole thing off and walk away from the hope Jesus offered. Whatever his questions—and his grief—he chose to move forward with Jesus. In turn, Jesus left the crowd behind. He allowed only Peter, James, and John to accompany Him the rest of the way to the house.

[Verses 38-39] Jairus's home was a chaotic scene. Unlike the somber and sedate nature of most funerals today in our western culture, first-century Jewish families expressed grief with loud weeping and wailing. Also, because Jairus was a synagogue official, many in the town would have wanted to show their respect at the loss of his daughter.

Jesus understood the situation better than anyone else present, so He asked, **"Why are you making a commotion and weeping?"** Under normal circumstances, it would have made perfect sense for this to have been a house of mourning. The little girl had died, and those close to her would have been heartbroken. Some have suggested that Jesus' words, **"The child is not dead but sleeping,"** implied the girl was not actually dead. However, the family's reaction does not indicate the girl was alive. Plus, the use of sleep as a metaphor for death is found in multiple places throughout the New Testament. (See John 11:11-14; 1 Cor. 15:51; 1 Thess. 4:13-18.)

Jesus' attitude demonstrated the truth that He knew how the story was going to end. Since Jairus had asked Him to intervene the outcome was assured—even after the girl had died.

[Verse 40] The response of the people present at Jairus's home was harsh. **They laughed** at Jesus' words. Their laughter did not indicate amusement, but scorn. They probably believed Jesus was at best uninformed or at worst insane. The people's laughter also revealed a genuine lack of concern for the needs and the grief of Jairus and his family. If they had really cared about what the family was going through, they would have responded to Jesus' words with anger or moral outrage—even if that outrage was based on a misunderstanding of Jesus' intentions. Instead, they mocked Christ and His claims.



STUDY THE BIBLE

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Dotted lines for taking notes.

Mark 5:41-43

41 Taking her by the hand he said to her, "Talitha cumi," which means, "Little girl, I say to you, arise." 42 And immediately the girl got up and began walking (for she was twelve years of age), and they were immediately overcome with amazement. 43 And he strictly charged them that no one should know this, and told them to give her something to eat.

READ: Mark 5:41-43 on pages 50-51 of the PSG.

SUMMARIZE: Help group members work through the major points from page 51 of the PSG:

1. "Even in the first century, people knew what a dead person looked like."
2. "The only one able to bring a dead body back to life is the One who instills life in the first place. If Jesus is able to give and restore life, He surely can be fully trusted to handle any situation we face."
3. "Our lives will also be hit with misfortunes and mishaps, and we won't always know why. In fact, we very often won't know why. But before we jump to conclusions, let's trust the One who's in control of every situation. He will bring healing in His time and in His way—and for His glory."

DISCUSS: Question #4 on page 51 of the PSG: **"How has Jesus brought healing into your life?"**

DISCUSS: Question #5 on page 51 of the PSG: **"What are practical ways we can support those waiting for God's healing?"**

Note: The key word here is "practical." Yes, it's true that we can (and should) pray for those who are awaiting God's healing. But what are some practical, everyday ways that members of the church can come alongside such people in order to provide help and support? And what often stops us from doing so?

GUIDE: Refer back to "The Point" for this session: **"Jesus brings healing to our lives."** As time permits, encourage group members to share any final thoughts and questions.

ALTERNATE QUESTION:

What gives you hope when you face serious situations?

Dotted lines for taking notes.

Mark 5:41-43 Commentary

[Verse 41] Taking the child by the hand, Jesus spoke to the dead girl. While Mark quoted Jesus' words in Aramaic—**"Talitha cumi"**—he also provided the translation for his Greek readers: **"Little girl, I say to you, arise."** Aramaic was the common language of the people in first-century Israel, meaning Jesus would have spoken Aramaic and probably used it to do much of His preaching and teaching. The emphasis of His words to the dead girl is on the authority of Jesus. He demonstrated His authority over death by raising this little girl from the dead.

[Verse 42] As soon as Jesus gave the command, **the girl got up and began walking.** It is not clear who Mark meant when he wrote, **they were immediately overcome with amazement.** It could have been the parents and the disciples, or it could have been the unbelievers who Jesus had sent out of the house. In all likelihood, Mark was referring to everyone involved. While many first-century Jews believed in the resurrection of the dead, they would have been astonished to see it happen before their very eyes!

[Verse 43] Mark's Gospel systematically demonstrated Jesus' power and authority over many of the things people fear the most. Jesus is the One who taught with unquestionable authority. (See Mark 1:22.) Mark emphasized Jesus' lordship over nature (see 4:35-41), demonic forces (see 1:23-27; 5:1-20), and incurable illness. (See 5:25-34.) Now, Mark detailed Jesus' mastery over death itself. In his letter to the believers in Rome, Paul shared that nothing can separate believers from the love of Christ—indicating that nothing is powerful enough to overcome His authority and power. (See Rom. 8:35-39.) Death is the greatest enemy for humanity, but even it has been vanquished through Jesus' victory, authority, and power.

We need to remember that Jesus still has authority over illness and death. This doesn't mean He will heal every disease, but we shouldn't hesitate to pray for those who are hurting and ill. We also need to rest in the truth that through His life, death, and resurrection, Jesus has overcome the grave on our behalf. Death really has lost its sting!

Jesus directed Jairus and his family not to tell anyone about this miracle. Elsewhere in the Gospels, Jesus made similar requests to the recipients of His miracles. It has been suggested the reason for such requests was to prevent misunderstandings as to the nature of His messianic role. (For an example, see John 6:15.) In the case of the raising of Jairus's daughter, it would have been impossible to keep secret that the little girl had been brought back from the dead. But secrecy would have allowed Jesus time to leave the area. Jesus sought to avoid too much attention so He could continue His mission.

Mark did not specify why Jesus said to give the girl **something to eat.** It might simply have been that she was hungry, or due to her illness (and death) she may not have eaten for some time. Giving the girl something to eat would also have served to demonstrate that she really was alive, having been brought back from the dead.



5 minutes

LIVE IT OUT

GUIDE: Direct group members to page 52 of the PSG. Encourage them to consider these steps for actively trusting in Jesus' ability to heal:



Notes

Dotted lines for taking notes.

- ▶ **Pray deeply.** What are you going through that seems beyond hope? Go to Jesus in prayer and give your situation to Him. Pour out your thoughts, emotions, confusion, doubts, and anything else. Listen for God's response.
- ▶ **Trust fully.** God doesn't always work according to our timetables, but we can trust that He will do what's best. As you pray, fervently express your trust that He will answer out of His great love and power.
- ▶ **Provide generously.** Find someone in your community who has a need they cannot meet on their own. Let God use you and your group as the channel through which He works, giving glory to Him in the process.

Wrap It Up

TRANSITION: Read or restate the final paragraph from page 52 of the PSG:

Doctors are a wonderful part of our modern society. We should all use them as often as necessary. More importantly, we should seek help and healing from our Creator in every circumstance.

PRAY: Conclude by asking Jesus to bring healing into the lives of your group members. Confess your belief that Jesus is aware of each person's need within your group—and that He is able to meet those needs for His glory.

**GROUPS
MATTER.**

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