

# **FAITH AT HOME: October 3, 2021**

*This resource is intended to be used in your household: around the dinner table, at bedtime, or any other time you can gather together to share and reflect.*



## **I've been meaning to ask...where does it hurt?**

Before we can act, we must first acknowledge and believe the pain is real, for bearing witness to each other's pain helps us cultivate compassion. In the dual healing story of the hemorrhaging woman and Jairus' daughter, we acknowledge those who suffer chronically and in isolation.

## **SHARE**

*Share highs and lows from the week or use one of the questions below to spark conversation with your household.*

## **READ: Mark 5:21-43**

*Read the passage aloud or silently and share a word or phrase that sticks out to you.*

Mark 5:21-43

<sup>21</sup>When Jesus had crossed again in the boat to the other side, a great crowd gathered around him; and he was by the sea. <sup>22</sup>Then one of the leaders of the synagogue named Jairus came and, when he saw him, fell at his feet <sup>23</sup>and begged him repeatedly, "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."

<sup>24</sup>So he went with him. And a large crowd followed him and pressed in on him. <sup>25</sup>Now there was a woman who had been suffering from hemorrhages for twelve years. <sup>26</sup>She had endured much under many physicians, and had spent all that she had; and she was no better, but rather grew worse. <sup>27</sup>She had heard about Jesus, and came up behind him in the crowd and touched his cloak, <sup>28</sup>for she said, "If I but touch his clothes, I will be made well." <sup>29</sup>Immediately her hemorrhage stopped; and she felt in her body that she was healed of her disease. <sup>30</sup>Immediately aware that power had gone forth from him, Jesus turned about in the crowd and said, "Who touched my clothes?" <sup>31</sup>And his disciples said to him, "You see the crowd pressing in on you; how can you say, 'Who touched me?'" <sup>32</sup>He looked all around to see who had done it. <sup>33</sup>But the woman, knowing what had happened to her, came in fear and trembling, fell down before him, and told him the whole truth. <sup>34</sup>He said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

<sup>35</sup>While he was still speaking, some people came from the leader's house to say, "Your daughter is dead. Why trouble the teacher any further?" <sup>36</sup>But overhearing what they said, Jesus said to the leader of the synagogue, "Do not fear, only believe." <sup>37</sup>He allowed no one to follow him except Peter, James, and John, the brother of James. <sup>38</sup>When they came to the house of the leader of the synagogue, he saw a commotion, people weeping and wailing loudly. <sup>39</sup>When he had entered, he said to them, "Why do you make a commotion and weep? The child is not dead but sleeping." <sup>40</sup>And they laughed at him. Then 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. <sup>41</sup>He took her by the hand and said to her, "Talitha cum," which means, "Little girl, get up!" <sup>42</sup>And immediately the girl got up and began to walk

about (she was twelve years of age). At this they were overcome with amazement. <sup>43</sup>He strictly ordered them that no one should know this, and told them to give her something to eat.

## TALK

*This time is for reflecting on the Scripture and theme in light of our own experiences. Use the following questions/activities as a starting point.*

1. Questions that connect to Scripture:
  - a. These two healing stories—of a hemorrhaging woman and Jairus’ daughter—are bound up together. You can’t tell one story without also telling the other. In what ways have you experienced healing to be interdependent? Where do you see glimpses of collective healing?
  - b. For the hemorrhaging woman, physical touch ignites her healing, which she feels immediately in her own body. Telling her whole truth before the crowd allows her to heal emotionally and spiritually. What practices or actions cultivate spiritual and emotional healing?
  - c. Rev. Brittany Fiscus-van Rossum writes: “We must put ourselves in the uncomfortable places where human beings live, breathe, and hurt—because those are the places where we will also find Jesus.” In your own life, where are the uncomfortable places where human beings live, breathe, and hurt?
2. Questions that connect to the theme (“Where does it hurt?”)
  - a. What makes your heart hurt?
  - b. Where in your life do you feel vulnerable, humbled, or broken open?
  - c. What is your first memory of grief? What have you learned from your grief?
  - d. How do you emotionally process your pain? (*E.g. time alone, therapy, exercise, time with friends, etc.*)
  - e. Describe a time when you felt fully seen, known, and accepted for who you are.
  - f. Share about a time you witnessed someone else’s grief or pain. How did that experience impact you?
3. Talk about what things help us feel better when we are sad or upset and invite each person in the household to share what they do when friends or family members are sad. Notice that different people might need different things (or we might need different things at different times).
4. Write or draw cards or pictures to send to someone who might be hurting (or even send a text message or make a phone call!). Maybe a neighbor? Grandparent? (Ask a Pastor or the church office if you’d like a list of people from church to send the cards to!)

## PRAY

Dear God, we don’t like to see others hurting. Help us not to ignore their pain or our own. Thank you for always noticing when we hurt and helping us heal. Amen.

## BLESS

*Mark the cross of Christ on the hand or forehead of one another and say the words: “Name, God made you and God loves you!” Make sure everyone in the household is included – both giving and receiving this blessing!*