

“A Year with Jesus”

Week 5, January 31st, Mark 5:21-43

//Mark 5:21-43 is a lengthy healing story that includes a journey for one of the two main characters. We will be looking at this story over the course of two weeks, first examining Jairus and his journey with Jesus, followed by the unnamed woman next week.

Read Mark 5:21-43 straight through to get the sense of the story.

//Imagining the story

Take time to walk through the story from the perspective of Jairus. Start with the request, move through the interaction with the woman, to the updates from home, the arrival and welcoming, and finally the healing. Pause at each transition and imagine how you might feel each step of the way. *Option: As an experiment, you might try walking as you meditate on this passage to better connect with Jairus' journey.*

- Try labeling the emotions you might feel at each element and transition in the story
- What parts of the journey provided hope? Discouragement?
- What is your sense of the interactions with Jesus along the way?

Though it all happened in one day, Jairus' interaction with Jesus represents a journey. From going to Jesus with the initial request, navigating the path to his home through various interactions, all the way to the eventual healing, Jesus walked with Jairus through the struggle and hope for his daughter.

//In this moment of quiet, take time to relate with this story personally in one of two ways (both if you have time, or return to this another day).

1) Remember a life struggle or issue you have walked through with Jesus. As you remember the details of the journey, imagine Jesus walking alongside you, just as he did with Jairus. Some questions to consider...

- How did this journey require faith?
- What were the places of hope? Of discouragement?
- Like Jairus, when did Jesus say to you, “don't be afraid, just believe?”
- Where did you see Jesus most on the journey? Are there places you recognize Jesus' guidance and presence in new ways now as you examine this moment in your life again?

2) Reflect on a struggle you are currently facing. Imagine this struggle as a path you are currently traveling, and picture Jesus walking alongside you, just as he did with Jairus. Things to consider...

- How have you recognized Jesus' faithful presence?
- What discouragements and fears are you facing?
- In what ways do you need to hear Jesus tell you, “don't be afraid, just believe?”

Journal your thoughts and thank Jesus for his presence on the journey.