



Strengthening Your Soul

facing life with courage from the inside out

WEEK 4. CREATING A CULTURE OF COURAGE

Sometimes it can be hard for us to be vulnerable with others and God as we choose to ignore or distract ourselves from things that are going on within. Being able to show ourselves kindness and bring our internal struggles to God is the way to experience the easy yoke that God desires for us to live out of. We're able to thrive even more when we are able to be communities that courageously walk with others with that same kindness.

Introduction Question: What is the last kind thing you did for yourself?

Bible Study: The Bleeding Woman (Mark 5:25-34)

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."

Key Discussion Questions:

- How might the woman have felt before she heard about Jesus?
- How come the woman decided to touch Jesus secretly instead of ask him publicly for healing?
- Why might Jesus have insisted on finding the person who had touched him?
- How might the woman have felt as she came forward to confess what she had done to Jesus? What about after she left Jesus?
- What would it have meant to this woman that Jesus noticed her?

- What do we learn about Jesus and about his heart for all people?

Reflection Questions:

- What might keep you from approaching Jesus directly?
- What might Jesus be wanting to tell you about how he views you?
- Who are the people in our lives who might need to encounter Jesus like the woman in the story does? What might Jesus' heart be for them?
- How might you be somebody that helps foster courage in others? How can your life group cultivate a culture of courage? What are practical steps you can take?

Small Groups: Break into groups of 3-4 to share our personal reflections and to pray for one another. Then pray for the people in our lives who also need to encounter Jesus for themselves.