



# SHE BECOMES A DAUGHTER

## Self-care Study 2

### BACKGROUND

In ancient Jewish Culture, a woman's period was stigmatized. Because this woman had bled non-stop for twelve years she would not have been able to have a normal life and would have been ostracised and shamed in her community.

- How about today? Who do we avoid in society?

### MARK 5:25–34: A HEALING TOUCH

A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, "If I can just touch his robe, I will be healed." Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition. Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, "Who touched my robe?" His disciples said to him, "Look at this crowd pressing around you. How can you ask, 'Who touched me?'" But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

### REFLECTION

- Describe her physical, relational, and spiritual needs. What do you think her life was like?
- Picture yourself as this woman. How would you feel interacting with the crowd and Jesus?
- Imagine what it meant for this woman and the crowd to hear Jesus say, "Daughter, your faith has made you well. Go in peace. Your suffering is over."

### LIFE APPLICATION

Jesus is full of love for people like this woman, and he invites imperfect people like us to join him in loving those who are suffering.

- Think about an issue in your life that you would feel vulnerable or ashamed sharing about. If you brought this to Jesus, how do you think he would respond? Let's practice doing that now.

### SPIRITUAL PRACTICE

Each of us is beautiful in the eyes of God, but sometimes we are critical of ourselves. Our souls carry these burdens. Pick one of these emotions that you have experienced most this week. We are going to invite God into our souls and feelings.

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|--------------|-----------|
| • Anger      | • Sadness |
| • Loneliness | • Anxiety |
| • Numbness   | • Other   |

Pray this prayer: *Jesus, I have been feeling (emotion). Would you please speak to me about this right now. (pause) Fill me with your love.*

Share with the group which one you picked and how you felt during prayer.