



The Story & Way of Jesus

Becoming a Healing Community

Mark 2:1-12

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Mark 2:1-12

A few days later, when Jesus again entered Capernaum, the people heard that he had come home. They gathered in such large numbers that there was no room left, not even outside the door, and he preached the word to them. Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven.” Now some teachers of the law were sitting there, thinking to themselves, “Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?” Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he

said to them, “Why are you thinking these things? Which is easier: to say to this paralyzed man, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, “I tell you, get up, take your mat and go home.” He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, “We have never seen anything like this!”

“We underestimate the healing value that intimate, platonic friendships play in our lives, and COVID has underscored their importance. With the easing of restrictions during this phase of the pandemic, let’s embrace our need for others and our commitment to fellowship and communion. That may be the most protective measure we can take for our mental health.”

- *San Francisco Examiner*

Mark 2:5

“Son, your sins are forgiven.”

Mark 2:7-12

“Why does this fellow talk like that? He’s blaspheming! Who can forgive sins but God alone?” Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, “Why are you thinking these things? Which is easier: to say to this paralyzed man, ‘Your sins are forgiven,’ or to say, ‘Get up, take your mat and walk’? But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, “I tell you, get up, take your mat and go home.” He got up, took his mat and walked out in full view of them all. This amazed everyone and they praised God, saying, “We have never seen anything like this!”

Mark 2:10

I want you to know that the Son of Man has authority on earth to forgive sins.

Relax into my healing authority.

The more we learn to relax into Jesus' authority, the more we'll create a healing community.

The more we learn to relax into Jesus' authority, the more we'll create:

1. A Community of Vulnerability

“Vulnerability is the emotion we experience during times of uncertainty, risk, and emotional exposure.”

- Brene Brown, *Dare to Lead*

“‘Can you give me a single example of courage that you’ve witnessed in another soldier or experienced in your own life that did not require experiencing vulnerability?’ Silence. Crickets. Finally, a young man spoke up. He said, ‘No, ma’am. Three tours. I can’t think of a single act of courage that doesn't require managing massive vulnerability.’”

- Brene Brown, *Dare to Lead*

The more we learn to relax into Jesus authority, the more we'll create:

1. A Community of Vulnerability

2. Bullet Proof Identity

“Neither knowing God nor knowing self can progress very far unless it begins with a knowledge of how deeply we are loved by God. Until we dare to believe that nothing can separate us from God’s love—nothing that we could do or fail to do, nor anything that could be done (has been done) by anyone else to

us (Romans 8:31-39)—we remain in the elementary grades of the school of Christian spiritual transformation. Genuine transformation requires vulnerability. It is not the fact of being loved unconditionally that is life changing. It is the risky experience of allowing myself to be loved unconditionally.”

- David Benner

“[Sin is] an unwillingness to trust that what God wants for me is only my deepest happiness.”

- St. Ignatius of Loyola

The more we learn to relax in Jesus authority, the more we'll create:

1. Healing Community
2. Bullet Proof Identity
3. Prayerful Expectancy

Hebrews 4:14-16

So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Relax into my healing authority.