Overview

We all want to change something in our lives. But no matter what it is, actually changing is never an easy thing to do. So often, we are held back from making lasting change because of our circumstances, our past, or the times we’ve messed up. But if we truly want to change, we need to begin letting go of some of those things and taking hold of Jesus.

Healing A Bleeding Woman

“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.’”

Mark 5:25-34

Taking Hold of Change

Insights From This Story

1. God is ____________ with ________________ in every ____________

2. God _______________ with ________________ of _____________

3. God _______________ ________________ when all else fails

Action Steps

1. A__________ the _______________ I’ve ________________

2. B_________________ with the ________________ that I _____________

3. C _________________ out to ________________ _____________

Memory Verse

“He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.”

Proverbs 28:13

MY NEXT STEP IS TO...

- Surrender my life to Jesus Christ for the first time
- Memorize Proverbs 28:13
- Ask God to help me to call out to Him first
- Believe that we are better together and sign up for a LIFE group