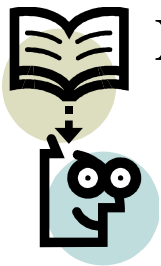


Home-and-Heart Page

We believe that hearing the Word of God proclaimed and explained is just the beginning of the transformative power of scripture. Use this sheet to expand this process in your life!



Knowledge

What part of the scripture reading that speaks to me today:

I want to memorize this:

Book: Chapter: Verse(s):



Faith

What in the readings helped me understand God, Jesus, or the Holy Spirit:

What in the readings encourages my relationship with God:



Action

What in the readings encourages and affirms my faith journey:

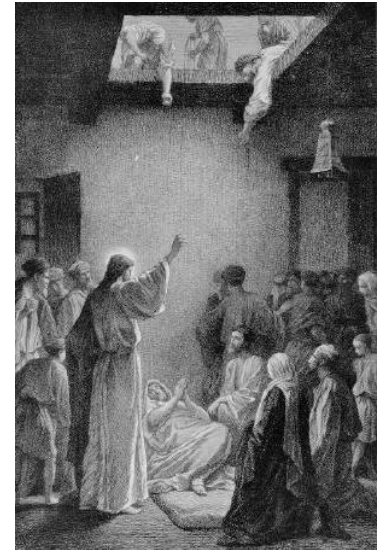
What in the readings challenges me to change in my actions and relationships:

This week's Journey ...

Gospel Reading: Mark 2: 1-12

Discussion & Reflection

1. What things in your life make you feel 'paralyzed'?
2. How important are other people in bringing you to Jesus when you need His help?
3. Who conveys forgiveness in your life on behalf of God and do you hear God's voice in that?
4. This story helps convey Jesus' authority over sickness and sin and all things in life. Does Jesus have authority in your life?



Devotion & Prayer

Find a quiet space and time. Light a candle to remind you that God's healing presence is with you. Meditate on the healing that is available in the "Office of the Keys" and practice saying these healing words out loud to yourself or to one another ...

What is the "Office of the Keys"?

It is that authority which Christ gave to his church to forgive the sins of those who repent and to declare to those who do not repent that their sins are not forgiven.

What are the words of Christ?

Our Lord Jesus Christ said to his disciples:

"Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained." — (John 20:23)

"Truly I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." — (Matthew 18:18)

End with this prayer: Almighty and merciful God, you are the only source of health and healing; you alone can bring calmness and peace. Grant to us, your children, an awareness of your presence and a strong confidence in you. When we are sick or in pain, weary or anxious, surround us with your care, protect us by your loving might, and help us to lead others to your health and strength and peace. Amen.



Activity & Service

- For children: Get hands really dirty (ideas for mediums to use: pudding, brownie batter, washable paints); after hands are covered in 'stuff' talk about how sin is like the stuff on our hands; ask how it would feel to have to walk around w/ that 'stuff' on our hands all the time ... what would happen? Then wash hands together. Talk about how different our hands feel once they are clean. Now what happens when we touch things w/ our clean hands? Talk about how this is like the forgiveness we have because of Jesus Christ.
- For youth and adults: Purchase Alka-Seltzer tablets. Prepare a bowl of water. Using a pencil write a word on a tablet that represents something you did that you are sorry for. Drop the tablet in the water and see what happens. Talk about/think about how this is like the forgiveness we receive from God.
- This gospel story illustrates the important role friends can have on our faith. Who do you know that needs to see Jesus more closely? What can you do this week to help bring them closer to knowing Jesus?
- Valentine's Day is coming in a few weeks. You can bring Jesus to some of our homebound members by making a Valentine's card and sharing words of love and encouragement with them. You can leave finished cards in Jill Beverlin's mailbox and they will be delivered to our homebound members!

