

Exchange

Week 3: Jesus is my Peace when I am Excluded

Mark 5:21-43; Hebrews 13:11-16

- 1. Name a time or an area of life in which you were excluded. How did you respond? What affects did this have on other areas of your life?**

Read Mark 5:24–34

- 2. Apparently the crowd was dense around Jesus. What attributes does this woman display as she seeks Jesus?**
- 3. Do you earnestly seek Jesus when you feel excluded?**
- 4. Reread verses 28-30. Do you think the woman expected Jesus to notice her presence? Explain the reasoning for your answer.**
- 5. In verses 33-34, do you think this is the response the woman was expecting from Jesus? Why or why not?**
- 6. Read 1 Thessalonians 1:4. What implications does this verse have for the one who feels excluded?**
 - a. Did Jesus bear this verse out with the woman in Mark 5?**
 - b. What other biblical truths or verses would have particular relevance to the excluded?**

Read Hebrews 13:11–16

- 7. Compare Jesus' situation here with that of the woman in Mark 5.**
- 8. Unlike the woman in Mark 5, Jesus chose his exclusion.**
 - a. Why is this significant?**
 - b. What results does his exclusion yield?**
- 9. Describe the choice we are being asked to make in verse 13.**
- 10. According to verse 14, what comfort do we find in our exclusion?**
- 11. Our living obediently to verses 15-16 will have the effect of letting others know that we are not excluding them. Give one way that you can practically "do good and share with others" in the next week.**

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1. Name a time or an area of life in which you were excluded. How did you respond? What affects did this have on other areas of your life?

Read Mark 5:24–34

2. Apparently the crowd was dense around Jesus. What attributes does this woman display as she seeks Jesus?

She showed humility and determination. She had exhausted every resource imaginable to find healing and knew that her only hope was for Jesus to miraculously heal her at the same time she does not want to inconvenience this important rabbi and so she hopes to simply grasp the hem on the back of his garment, receive her healing and go home unnoticed, but whole.

She was fearful. According to the Law, whoever this woman touched would immediately become unclean. Therefore, in touching Jesus, she must have wondered what repercussions she could possibly face. If she were to be exposed, the crowds could turn on her because according to Levitical law, she had made every person and everything she touched unclean with her.

She was honest. She told Jesus the entire truth about her situation and did not hold back even though it must have been painful and embarrassing. Not only is she called out for touching Jesus, she is also further humiliated by telling her story in the midst of a large crowd of people.

She was bold. Despite all of her trepidation and weakness, she made her way through the crowd to find Jesus because her faith in Him was so great.

3. Do you earnestly seek Jesus when you feel excluded?
4. Reread verses 28-30. Do you think the woman expected Jesus to notice her presence? Explain the reasoning for your answer.
She probably hoped that He wouldn't notice her. For the last 12 years she had been noticed for all the wrong reasons and likely wanted to hide in the shadows. Regardless, she had faith that just touching His clothing would be enough to bring healing.

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- 5. In verses 33-34, do you think this is the response the woman was expecting from Jesus? Why or why not?**

She must have been completely shocked. It's doubtful that among such a large crowd she expected Jesus to specifically notice her. Furthermore, she had to have been amazed at the kindness he extended to her. Society forced her to the outskirts where she had been excluded, yet Jesus calls her daughter - thus reinstating her as a child of God and a fellow Jew. Instead of Jesus becoming unclean by her touch, this woman becomes clean.

- 6. Read 1 Thessalonians 1:4. What implications does this verse have for the one who feels excluded?**

Despite our condition it's important to remember that while we may feel excluded in many areas, God has chosen us. With this view in mind we should remember that this world is not our home, there is something better for us. In the meantime, we are to find comfort in the love and acceptance of Jesus who does not exclude his children.

- a. Did Jesus bear this verse out with the woman in Mark 5?**

Yes. When everyone else rejected her, He noticed her and healed her.

- b. What other biblical truths or verses would have particular relevance to the excluded?**

Psalm 121:1-2, John 14:1, 1 Peter 5:7, Matthew 11:28-30

Read Hebrews 13:11–16

- 7. Compare Jesus' situation here with that of the woman in Mark 5.**

According to Jewish law, criminals regarded as unclean were always put to death outside of the city gates. Jesus shares in exclusion of this sort as He is crucified outside the city gates and separated from God's people. This had been the woman's experience for the past 12 years - distanced from God's people and excluded from every level of society.

- 8. Unlike the woman in Mark 5, Jesus chose his exclusion.**

- a. Why is this significant?**

Jesus chose His exclusion and willingly walked into pain and suffering so that we would never have to face ultimate exclusion from the Father. Yet, as we do have experiences of earthly exclusion, we can know that God understands our feelings and is sympathetic toward us (Hebrews 4:14-16) as our high priest who intercedes on our behalf.

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b. What results does his exclusion yield?

Through excluding Himself and suffering on the cross Jesus rescued us from the devastation of sin and brought salvation through His blood. This not only heals us of our eternal exclusion, but also gives us hope in the moment as we are loved and accepted by God who promises to never leave or forsake his children.

9. Describe the choice we are being asked to make in verse 13.

This verse encourages us to identify with Jesus in His exclusion

10. According to verse 14, what comfort do we find in our exclusion?

We find that earthly pain is only temporary and that an eternity waits where we will be home with God and all hurt will come to an end (2 Corinthians 4:16-18)

11. Our living obediently to verses 15-16 will have the effect of letting others know that we are not excluding them. Give one way that you can practically “do good and share with others” in the next week.