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[vc\_custom\_heading]Sermon  
Notes[/vc\_custom\_heading][vc\_column\_text]People need JESUS + Help = WHOLENESS.

1. People HINT that they need help before they ASK for it. They throw out a touch.

I don't want to be a burden. She wanted help, but mistook a critical fact. People need Jesus + Help = Wholeness.

2. STOP.

3. LOOK.

We look for the question or cry behind the COMMENT, CRISIS or NEED.

4. LISTEN.

STOP, LOOK & LISTEN to give hope in Jesus.

### **Planning the Journey Ahead**

*Your Spiritual Growth may not be linear, nor will it be complete until you are with Jesus in Heaven. Spiritual Growth is a journey that involves Identity, Formation, Community and Mission. God will use each of these at different times in your life to mature you. Your growth may be in one or more areas at a time and your journey will be different than any others'. God's goal is that "we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."* (Ephesians

4:13)[/vc\_column\_text][vc\_separator][vc\_custom\_heading]Circle Group

Questions[/vc\_custom\_heading][vc\_column\_text]Ice Breaker - Share an occasion when someone stopped what they were doing to help you in a time of need.

Share one of your **Personal Reflections** from the week.

Read Mark 5:21-34.

What immediate mission was Jesus on? (Mark 5:21-24)

What was the woman in the crowd seeking? (Mark 5:25-29)

Jesus did three things once he was aware of the need. How did Jesus do these three things?

1. Stop:

2. Look:

3. Listen:

What keeps others from seeking our “touch” or help in times of need? How can we give them permission to reach out? How can we communicate that we are available and approachable?

What distractions keep us from seeing the needs of others? How can the urgency of our lives, work, or even ministry keep us from seeing the needs of the people around us? How can we become more aware?

When you are in need, who do you reach out to? What keeps us from reaching out to others? What keeps us from reaching out to Jesus?

People need Jesus + Help = Wholeness.

Why is only Help not enough?

What are examples of ways we can Help others with their immediate needs while directing them to find Jesus for Wholeness (both now and forever)?

Discuss in your Circle Group how this study has impacted your lives and the group. Hebrews 10:24 says, “And let us consider how to stir up one another to love and good works” How can we do this?

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## Sunday

What stood out to you from today's sermon? What teaching can you apply this week?  
What Reflections did you apply last week?

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## Monday

"People need Jesus + Help = Wholeness." How has this been true in your life? How can you provide help to others in Jesus' name?

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## Tuesday - Reflect

*At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"*

### Mark 5:30

How can you stop and be more aware of the people around you who are looking for help or healing?

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## Wednesday - Reflect

*"You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'" But Jesus kept looking around to see who had done it.*

### Mark 5:31-32

What distracts you from seeing the needs around you? How can you slow down to see what is truly important?

## Thursday - Reflect

*Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth. He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."*

**Mark 5:33-34**

How can you combine physical help with spiritual help when supporting others?

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## Friday

Consider the stages of Identity, Formation, Community and Mission. Where is God growing you today? In which areas do you need more growth?

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## Saturday

In which areas of your life have you refused to grow? Pray: Lord, I ask that you show me how I can open myself to the work you want to do in

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