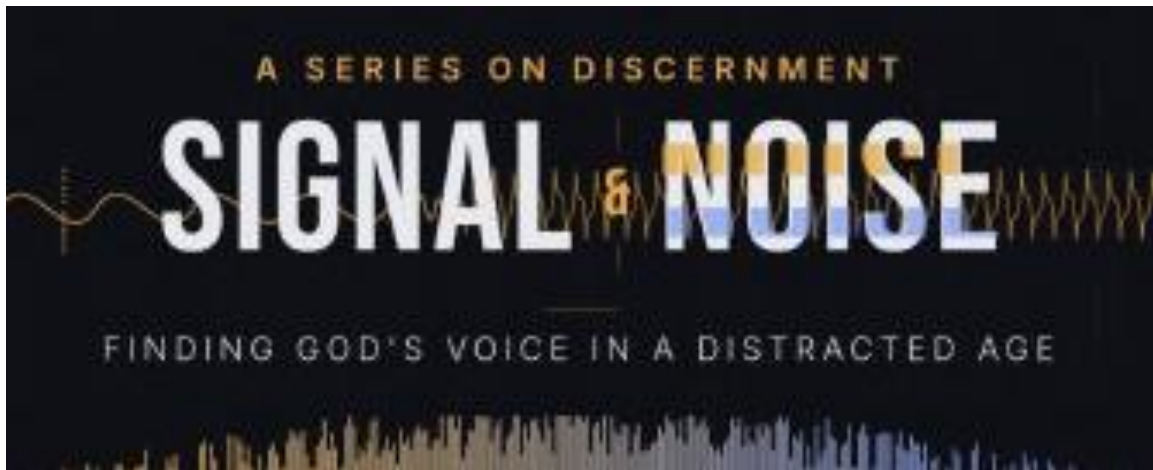




Part 4: Only Believe

Opening Prayer & Icebreaker (10 minutes)

Icebreaker Question: Share about a time when you had to "tune out" distractions to focus on something important. What helped you stay focused?

Key Takeaways from the Sermon

1. **Jesus's voice is the signal** that speaks life, hope, and identity
 2. **The noise** includes external pressures, delays, despair, cynicism, and internal fears
 3. **Two approaches to faith:** Jairus pursued the power of God; Bernice pursued the promises of God—both are valid
 4. **Holiness is not intimidated by unholiness**—we carry God's kingdom wherever we go
 5. **The signal of Christ always broadcasts:** Hope, Identity, and the Power of Resurrection
 6. **Jesus's command:** "Do not be afraid any longer, only believe"
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Discussion Questions

Understanding the Text (15 minutes)

1. **Two Stories, One Truth:** The sermon highlighted Jairus's daughter (vibrant but suddenly struck with death) and Bernice (wasting away for 12 years). How do these two stories represent different seasons or struggles people face in their faith journey?
2. **The Significance of 12:** Both the woman and the girl are connected to the number 12 (years of bleeding/years of age). The pastor mentioned this represents the nation of Israel. What does this prophetic element add to your understanding of Jesus's ministry?
3. **Touching the Tassel:** Bernice reached for the fringe of Jesus's garment, which represented the covenant and promises of God. What does this teach us about the importance of understanding God's promises?

Personal Reflection (20 minutes)

4. **Identifying the Noise:** The sermon identified several types of "noise":
 - Physical barriers and crowds
 - Delays
 - Despair ("Why trouble the teacher anymore?")
 - Cynicism (people laughing at Jesus)
 - Fear
 - Impatience

Which type of "noise" most resonates with your current season of life? How has it affected your ability to hear God's voice?

5. **Power vs. Promise:** Jairus sought the power of God (healing touch), while Bernice clung to the promises of God (covenant).
 - Which approach do you naturally gravitate toward?
 - How might you need to balance both in your faith walk?
6. **"Only Believe":** Jesus told Jairus to "only believe"—not believe *and* understand, believe *and* perform, or believe *and* anything else.
 - What would it look like for you to practice "only believe" in your current circumstances?
 - What might you need to let go of to embrace this simpler faith?

Going Deeper (15 minutes)

7. **Holiness Transforms Unholiness:** The sermon emphasized that when Bernice (unclean) touched Jesus, she didn't contaminate Him—His holiness healed her.
 - How does this truth change the way you view your own sin or shame?
 - How should this shape the way we engage with our culture and community?
8. **Jesus Kicked Them Out:** Jesus removed the cynical mourners from the room before raising the girl.
 - Are there "voices" or influences in your life that need to be removed so you can better hear God's signal?
 - How do you discern between healthy community and toxic noise?
9. **Fear After the Breakthrough:** Bernice was "fearing and trembling" even after her healing, worried about the cultural backlash.
 - Have you ever experienced fear or anxiety after a breakthrough or answered prayer?
 - How can we support one another in maintaining the signal after God moves?

Practical Applications (15 minutes)

This Week's Challenge:

Choose ONE of the following to practice this week:

1. **Silence the Noise:**
 - Identify one source of "noise" in your life (social media, news, a critical voice, busy schedule)
 - Take intentional time each day to quiet that noise and listen for God's signal
 - Journal what you hear
2. **Declare Your Identity:**

- Practice the breathing prayer from the sermon: "I am in Christ and Christ is in me"
- Use this prayer 3 times daily (morning, midday, evening)
- Notice how it impacts your perspective

3. **Pursue the Promise:**

- Like Bernice, identify one specific promise from Scripture that speaks to your current situation
- Write it down and carry it with you
- Meditate on it daily, declaring it as your covenant promise

4. **Courage to Approach:**

- Like Jairus, bring a specific need before Jesus in prayer
- Don't worry about "troubling" Him—He invites you to come
- Ask someone to pray with you about this need

5. **Remove the Cynics:**

- Prayerfully evaluate relationships or influences that breed cynicism about God's power
- Make a decision about healthy boundaries
- Replace that input with testimonies of God's faithfulness

Group Prayer Time (10 minutes)

Prayer Focus Areas:

1. **For Hope:** Pray for group members facing delays or despair, that they would hear God's voice of hope
2. **For Identity:** Pray that each person would deeply know they are sons and daughters of God
3. **For Breakthrough:** Pray for those needing healing, provision, or deliverance—that they would experience God's power
4. **For Discernment:** Pray for wisdom to distinguish between the signal and the noise

Prayer Model:

- Pair up or form groups of 3
 - Share one area where you need to hear God's signal more clearly
 - Pray for one another, declaring hope, identity, and God's power
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Closing Reflection

Read together:

"I would have despaired if I had not been convinced that I would see the goodness of the Lord in the land of the living." - Psalm 27:13

Final Question: What is one thing God spoke to you today that you want to hold onto this week?

Additional Resources

- **Scripture Reading for the Week:** Mark 5:21-43 (read it daily in different translations)
- **Related Passages:**
 - Numbers 15 (the tassels and their meaning)
 - Malachi 4:2 (healing in His wings)
 - Deuteronomy 6:4 (Hear, O Israel)

Recommended Action: Share your testimony of God's faithfulness with someone this week—be a "signal" for someone else struggling with noise.

Remember: The signal of Christ always broadcasts hope, speaks to your identity, and demonstrates resurrection power. Don't let the noise drown out what God is saying to you today.