

What would it look like if we actually let God do what He is asking us to do? In Mark 3, we encounter a man with a shriveled hand who is asked by Jesus to do the one thing that embarrasses him most: stand up and stretch out that hand in front of everyone. It would have been so easy to stay seated, to blend in, to protect the very thing that caused him shame. Yet the moment he obeyed, restoration came. This story holds up a mirror to our own lives, revealing how often we resist what God is asking of us not because we doubt His power, but because we are guarding our own comfort. We want change, but we want it on our terms. We want healing, but we would rather keep the wound hidden than expose it. The sermon challenges us to ask honestly: what is our shriveled hand? What injury, habit, or fear have we been protecting instead of surrendering? The miracle was not just physical. It was a picture of what happens when faith moves from the mind into the body, when belief becomes action. The same Jesus who spoke and creation came into being is still speaking to us today. The question is whether we will stand up.