

- **Mark 2:1-12 NKJV** ... And again He entered Capernaum after some days, and it was heard that He was in the house. 2 Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. 3 Then they came to Him, bringing a paralytic who was carried by four men. 4 And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying. 5 When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." 6 And some of the scribes were sitting there and reasoning in their hearts, 7 "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?" 8 But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? 9 Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? 10 But that you may know that the Son of Man has power on earth to forgive sins"—He said to the paralytic, 11 "I say to you, arise, take up your bed, and go to your house." 12 Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"
- **Proverbs 24:16 NIV** ... for though the righteous fall seven times, they rise again.
- **Psalms 92:12 NIV** ... The righteous will flourish like a palm tree.
- **Romans 8:11 NLT** ... The Spirit of God, who raised Jesus from the dead, lives in you.

Keys to Getting off the Mat



1. The people around you.

- **Hebrews 10:24-25 NKJV** ... And let us consider one another in order to stir up love and good works, 25 not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.
- **Ecclesiastes 2:9-12 NKJV** ... Remember the scripture tells us... Two are better than one, Because they have a good reward for their labor. 10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up. 11 Again, if two lie down together, they will keep warm; But how can one be warm alone? 12 Though one may be overpowered by another, two can withstand him. And a threefold cord is not quickly broken.

Notes:



2. The obstacles in front of you.

Notes:



3. The actions that expose you.

- **Luke 5:20 NKJV**... When He saw their faith, He said to him, "Man, your sins are forgiven you."

Notes:



4. The theology that influences you.

- **Mark 2:5-7 NKJV** ... When Jesus saw their faith, He said to the paralytic, "Son, your sins are forgiven you." 6 And some of the scribes were sitting there and reasoning in their hearts, 7 "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?"
- **Mark 11:24 NKJV** .. Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.
- **2 Corinthians 5:19 NKJV** ... that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.
- **Exodus 23:25 NKJV** ... "So you shall serve the LORD your God, and He will bless your bread and your water. And I will take sickness away from the midst of you
- **Acts 10:38 NKJV** ... how God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.
- **John 10:10 NKJV** ... The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.
- **Mark 2:7** ... "Why does this Man speak blasphemies like this? Who can forgive sins but God alone?"
- **Romans 6:23 NKJV** ... For the wages of sin is death, but... the gift of God is eternal life in Christ Jesus our Lord.
- **Mark 2:8-11 NKJV** ... But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, "Why do you reason about these things in your hearts? 9 Which is easier, to say to the paralytic, 'Your sins are forgiven you,' or to say, 'Arise, take up your bed and walk'? 10 But that you may know that the Son of Man has power on earth to forgive sins"—He said to the paralytic, 11 "I say to you, arise, take up your bed, and go to your house
- **Matthew 5:11 NKJV** ... Blessed are you when they revile and persecute you, and say all kinds of evil against you falsely for My sake.
- **Psalms 103:1-5 NKJV** ... Bless the LORD, O my soul; And all that is within me, bless His holy name! 2 Bless the LORD, O my soul, And forget not all His benefits: 3 Who forgives all your iniquities, Who heals all your diseases, 4 Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, 5 Who satisfies your mouth with good things, So that your youth is renewed like the eagle's.

Notes:



5. The scars inside of you.

Notes:



6. The memories that define you.

Notes:



7. The God Who Saved You.

- **Mark 2:12 NKJV** ... Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"

Notes: