

## Regeneration Series Session 2 – Stretch Forth Your Hand

### I. Review/What is Regeneration?

- A. Renewal or revival
- B. In biology, it is the process of renewal, restoration and tissue growth, particularly after an injury that makes organisms resilient to events causing disturbance and damage.
- C. Restore, Revive, Rebuild
- D. Original Word – Regenerate – *To bring forth again.*
- E. Spiritual Things
  - 1. Jesus spoke of the time of regeneration that would come – Matt 19:28.
  - 2. A time when the world is made new.
  - 3. Although the fullness of regeneration has not come, regeneration is already at work in the believer life.
  - 4. God specializes in renewal.

### II. The man with the withered Hand

**Mark 3:1-6 (NKJV)** – <sup>1</sup>And He entered the synagogue again, and a man was there who had a withered hand. <sup>2</sup>So they watched Him closely, whether He would heal him on the Sabbath, so that they might accuse Him. <sup>3</sup>And He said to the man who had the withered hand, “Step forward.” <sup>4</sup>Then He said to them, “Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?” But they kept silent. <sup>5</sup>And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored as whole as the other.

**A. Restored** – To restore to its former state

**B. Whole** – Soundness – sound in body

**C. His hand was restored/brought back again to full strength.**

**D. His Condition**

**1. Withered hand**

**2. Withered Definition** – *Strongs – shrunken – dried out – scorched*  
*Webster*

- a. *to become dry, sapless, to shrivel as a loss of bodily moisture*
- b. *To lose vitality, force or freshness –*

*According to Luke's choice of language – this man's injury most likely resulted in an injury or accident.*

*Add withered scriptures*

- 3. Although able to come to the synagogue and hear Jesus; although able to walk, talk, and perform certain duties, his hand was withered.** *Paralyzed, hindered from use, powerless, etc.*
- 4. This man needed regeneration in one specific area of his body, his hand.**
- 5. There are times that we need a total regeneration (restoration – revival – rebuilding).**
- 6. There are other times that we need a regeneration specific to one area of our lives.** *You can be doing well in one area and dying in another.*

**7. What areas in your life may be withered or withering?**

- a. Spiritual life
- b. Personal Health
- c. Emotions
- d. Family – *Parenting – Marriage – Etc.*
- e. Career/Finances
- f. Personal dreams/goals
- g. Relationships

**NOTE:** You are still among the living – but some areas are withered – shriveling/shrinking/drying up/dying. You need REGENERATION. *What is withering in your life?*

**III. How to Receiving Regeneration.**

**A. Different Words for healing in the New Testament.**

- 1. **Sozo** – as used in reference to the woman with the issue of blood.
  - a. **Mark 5:34 (KJV)** – *And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.*
  - b. **Sozo – To save, make well, heal, restore to health**
- 2. **Therepeuo** – This term was used in approximately 95% of the healings of Jesus.
  - a. This is the most common term used for healing in the New Testament. *Referencing an attendant or one who waits upon.*
  - b. From this term we get our word “Therapy”.
  - c. Therapy English Definition  
*Treatment intended to relieve or heal a disorder*
  - d. The language of the New Testament clarifies that Jesus didn’t always heal in the same way.

*Yes, there were those who experienced instantaneous healing.*

*There were others who were required to cooperation with Him through action/reaction to His words.*

### 3. Examples of Jesus giving directives prior to healing taking place.

#### a. 10 Lepers Cleansed

**Luke 17:11-14 (NKJV)** – <sup>11</sup>Now it happened as He went to Jerusalem that He passed through the midst of Samaria and Galilee. <sup>12</sup>Then as He entered a certain village, there met Him ten men who were lepers, who stood afar off. <sup>13</sup>And they lifted up their voices and said, “Jesus, Master, have mercy on us!” <sup>14</sup>So when He saw them, He said to them, “Go, show yourselves to the priests.” And so it was that **as they went**, they were cleansed.

**Luke 17:14 (BLB)** – In There Going they were cleansed.

**Luke 17:14 (GNT)** – On the way they were made clean.

**NOTE:** What if they had waited to go – until they were healed?

#### b. The Man Born Blind

**John 9:1-7 (NKJV)** – <sup>1</sup>Now as Jesus passed by, He saw a man who was blind from birth. <sup>2</sup>And His disciples asked Him, saying, “Rabbi, who sinned, this man or his parents, that he was born blind?” <sup>3</sup>Jesus answered, “Neither this man nor his parents sinned, but that the works of God should be revealed in him. <sup>4</sup>I must work the works of Him who sent Me while it is day; the night is coming when no one can work. <sup>5</sup>As long as I am in the world, I am the light of the world.” <sup>6</sup>When He had said these things, He spat on the ground and made clay with the saliva; and He anointed the eyes of the blind man with the clay. <sup>7</sup>And He said to him, “Go, wash in the pool of Siloam” (which is translated, Sent). So he went and washed, and came back seeing

#### c. Other Examples of Corresponding action and Miracles.

*The first miracle of water turned to wine required action – filling the water pots with water and serving them.*

*The miracle of Lazarus coming out of the tomb required action – someone had to roll away the stone.*

*The miracle of the money from the mouth of the fish required someone to catch a fish.*

*The miracle of the great catch of fish required Peter to cast his net out again.*

**B. If healings and miracles required this much action in the New Testament, action may be required for you to receive your miracle.**

**1. The man with the withered hand had to cooperate with Jesus.**

- a. **Step Forward – Mark 3:3 (NKJV) – And He said to the man who had the withered hand, “Step forward.”**

This was a call to “Rise Up.” You may never receive renewal until you are willing to rise up from your present condition.

You need to be done with some things.

You need to be over some things.

You need to be willing to rise from the ashes – and move forward to your new season.

- b. **Stretch forth your hand.**

To stretch forth – is action

To stretch forth a hand that is withered required much more effort.

It is to do what has become unnatural.

The natural tendency has been for him to extend his other hand and neglect the one that is withered.

Jesus commands him to do something that is not natural anymore. DO SOMETHING WITH THE HAND THAT IS WITHERED.

- c. Regeneration may require you to do something with that which has become withered/weak/useless in your life.
- d. Jesus is saying – “I’m going to give you the regeneration power, but you’ve got to do something – ‘Stretch out your hand’.”

**2. Take that which has WITHERED in your life and STRETCH it forth.**

- a. The man was healed as he stretched it forth.  
*There is no indication that Jesus did anything else. As the man obeyed the words of Jesus to attempt to stretch out his withered hand, the regeneration occurred.*
- b. There are people who have been bound by physical infirmities that could have overcome those issues had they only been willing to STRETCH themselves to do what their bodies didn't want to do.
- c. There are people who have become bound by emotional strongholds because they refused to STRETCH themselves from their comfort zones and embrace freedom that wasn't comfortable.
- d. This Principle of ACTION/REACTION and faith is a biblical principle.
- e. You may have been praying out the WITHERED issues in your life, but are you willing to take a step of faith and STRETCH that which seems to be dead?

**3. Practical Application: What is your withered hand?**

*Can you identify the things that are withering in your life?*

*What areas are weak and in need to regeneration?*

- a. **Health/Physical Withering** – Do you need regeneration in your health?

*Are you willing to Stretch yourself? Take steps?*

*God's power is available and may be waiting on your first step forward!*

**Personal** – *I had to walk around the living room in order to get enough strength to come back to church.*

- b. **Inferiority** – *My ability to be who God created me to be was being challenged*

**Inferiority def** = a basic feeling of inadequacy and insecurity

*The condition of being lower in status or quality than another or others.*

**Healing came when I STRECHED my withered hand – healing began.**

**Practical** = *I had to force myself out of the shell. I had to force myself to interact. I had to force myself to overcome negative*

*feelings. I had to STRETCH myself. As I STRETCHED myself – the power of God moved.*

c. **Spiritual Withering**

*You are not strong spiritually.*

*You have become weakened by circumstances around you.*

**Practical** = *You must force feed yourself on the Word. Stretch yourself to come to church. Stretch yourself to reach out for strength. Stretch yourself to show up. The power will meet you.*

d. **Others**

*Career Withering – Stretch yourself to reach for something new.*

*Dreams Withering – Stretch yourself to dream again.*

*Relationships – Stretch yourself to meet new people.*

e. The power of REGENERATION will meet you as you step out to move forward.

*Faith moves forward!*

*Faith acts!*

*Faith doesn't give up!*

*Faith doesn't despair!*

*Faith believes and receives!*