THE GOSPEL OF MARK

COME, FOLLOW ME / JOURNEY GUIDE 04

Raised Up



MARK 1:29–34 • SUNDAY, NOVEMBER 1, 2026

Jesus comes near, takes a woman by the hand, and raises her up. Her healing reveals Christ's restoring power; her response points toward love for Jesus and others.

READ THE PASSAGE FIRST • Mark 1:29–34

Read once to follow the story. Read again, tracing Jesus' actions and the woman's response.

01 NOTICE

What does Mark actually show us? • Observe and compare

Trace the actions in verse 31. What does Jesus do? What happens to the fever? What does the woman do? Who is included in "them"?

Compare verses 29–31 with verses 32–34. How does Mark move from one woman's sickbed to a crowd at the door? What remains true about Jesus?

02 LISTEN

What is the passage revealing? • Interpret and evaluate

Jesus takes her hand and raises her. What does this personal action reveal about his authority and compassion? Compare the preceding scene (1:21–28).

The fever leaves her, and she serves them. Why does it matter that her service follows Jesus' action rather than earns it? What does this suggest about discipleship?

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From Being Raised to Serving

NOTICE / LISTEN / RESPOND

03 RESPOND

How might grace reshape your life? • Apply, discern, and create

RECEIVE — Where do you need to trust that Christ comes near, even if your circumstances do not quickly change?

HOPE — How does Jesus' resurrection shape the way you face a present fear, loss, or limitation?

SERVE — Choose one way to honor Jesus directly (worship, prayer, devotion) and one act of care for another person. When and how will you do each?

GO DEEPER BEYOND SUNDAY'S SERMON

Read Mark 5:41–42; 9:27; 16:6; and 10:42–45. Notice the language of raising and the way Jesus teaches about service.

What connects these scenes? What differs between healing, return to mortal life, and Jesus' resurrection? How does Jesus' own service shape ours?

IN COMMUNITY DISCUSS AND DISCERN TOGETHER

1. When has someone's presence—not just advice—helped you? What does that illuminate about Jesus taking her hand?

2. A friend with a lasting illness hears "Jesus raises us up" and wonders why they are not healed. How might you respond with honesty and resurrection hope?

3. Design one simple group practice that expresses devotion to Jesus and care for neighbors. How would you know it is forming love rather than merely busyness?

THIS WEEK AN OPEN-HAND PRACTICE

Each morning, open your hands and pray: "Jesus, help me trust your nearness and the hope of your resurrection." This week, offer one act of devotion to him and one act of love to another person.

My next step with Jesus: _____ My next step for someone else: _____