

WEEKLY GROUP DISCUSSION GUIDE

Week of Sunday February 1, 2026

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INTRODUCTION

In **Mark 5:21–43**, we see Jesus moving through a crowded, urgent moment filled with fear, desperation, and interruption. Jesus is not rushing past pain or prioritizing the loudest voices; instead, He is inviting people to trust Him deeply—even when circumstances seem delayed, risky, or hopeless. This passage exposes a tension many of us live with every day: the pull between fear and faith when life feels out of control. Whether we feel overlooked, desperate, or pressured by time, Jesus meets us personally and powerfully. As we talk together, we'll explore what it looks like to reach for Jesus, to keep believing, and to trust His power to restore what feels broken or dead.

Main Passage:

Mark 5:21–43

DISCUSSION QUESTIONS

Only Believe!

READ ALOUD

Mark 5:21–43

DISCUSS

Opening Question: When life feels urgent or overwhelming, what's your natural response—pushing harder, pulling back, or asking for help?

- Jairus was a respected synagogue leader, yet he fell at Jesus' feet in desperation. What stands out to you about his posture toward Jesus?
- The woman had suffered for twelve years before reaching out to Jesus. What risks did she take by touching Him, and what might that tell us about faith?
- Jesus stops in the middle of the crowd to ask, "Who touched me?" Why do you think Jesus pauses for her instead of just moving on?
- How do fear and faith show up differently in this story—in both Jairus and the woman?
- Jesus tells Jairus, "Don't be afraid—only believe." What does that invitation look like in real, everyday life?
- Both stories involve touch—someone reaching out to Jesus and Jesus reaching out to someone else. What might that reveal about how Jesus relates to people?

APPLICATION QUESTIONS

DISCUSS & APPLY

- Where do you currently feel pressure, delay, or urgency in your life? How does that affect your trust in Jesus?
- What voices (internal or external) make it harder for you to believe that Jesus can act in your situation?
- How does this passage challenge the idea that Jesus is only a “last resort”?

RESPOND

- **Leave the crowd:** What fear are you carrying right now? What would it look like to choose belief over fear this week?
- **Reach out:** Where do you need to take a step of faith toward Jesus, even if it feels risky or vulnerable?
- **Make room:** Who might God be inviting you to slow down for and notice this week?

PRAY

Take a few minutes to pray together, asking Jesus to replace fear with faith and to help each person trust Him when life feels urgent, delayed, or hopeless. Invite Him to give the group courage to reach out again—especially in places of pain, shame, or uncertainty—and to receive His restoring peace. Pray that God would bring life to “dead places” and renew hope where people feel worn down or stuck. Close by thanking Jesus that He is present, not hurried, and powerful to heal and restore—one person at a time.

QUESTIONS FOR FAMILIES

Mark 5:21–43

- Who are the main people in this story, and what problems are they facing?
- What does Jesus do for the woman and for the little girl?
- What do we learn about Jesus from the way He treats people in need?

For younger children: Help your child see that Jesus listens and cares when we trust and obey Him.

For older kids or students: Talk about “crowds” or “booths” in life—fear, pressure, habits, or opinions—that make it hard to trust Jesus. What does choosing belief look like this week?

BIBLE READING PLAN (OPTIONAL)

Scripture to read as you pray this week:

- Day 1: Mark 6:1–6
- Day 2: Mark 6:7–13
- Day 3: Mark 6:14–29
- Day 4: Mark 6:30–44
- Day 5: Mark 6:45–56

COMMENTARY

What's Going On?

Mark weaves together two miracle stories to show Jesus' authority over disease and death.

By interrupting Jairus's urgent request with the healing of the woman, Mark highlights that Jesus is never rushed and never limited by time, status, or condition. Faith—not position or perfection—is the common thread.

A Bit of Background

Both the bleeding woman and the dead child would have been considered ritually unclean under Jewish law. By allowing Himself to be touched and by touching the child, Jesus crosses social and religious boundaries.

Rather than becoming unclean Himself, He brings healing, restoration, and new life—revealing the heart of God's restoring work among His people.