



Sermon Discussion Guide

October 4, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Time doesn't heal wounds, God does.

Life Sharing:

1. Describe a time you were trapped or lost and needed to be saved?
2. What do you do when you are feeling sick? What helps you feel better?

Transition / Open in prayer

3. When you have a friend that experiences a loss in their life what do/can you say to them to help them feel better?

Life Examination:

READ Psalm 40:1-17

4. What is causing David to feel like his life is in a pit?
5. What does he ask God to do for him?
6. Why does he have faith that God will help him?
7. What normal religious activity does David say God doesn't want from him? Why?

READ Mark 5:21-43

8. Who are the two people who need healing in this passage? How are they similar? How are they different?
9. Why do you think Jesus says what he does to the woman who was healed from bleeding?
10. Why did Jesus only let a few of his followers go with him to Jairus' house? Why did he instruct them not to tell anyone about what happened?
11. Why was touch usually involved in Jesus' healing?

Life Application:

12. Describe a time when your life was in the pit. How did you survive? How are you surviving?
13. When someone close to you is in a pit, how can you help them and be with them?
14. Put yourself into the story from Mark 5. Who do you most identify with and why?
 - the crowds pushing in to see Jesus
 - Jairus: a person wanting someone healed
 - The woman: a person needing healing
 - One of the disciples: watching Jesus' work
 - Someone laughing at the ridiculousness of Jesus' faith
15. What are lessons that most people can only learn in the pit?

Life Prayers: Pray for one another and for God's healing in your lives.