

STEP 2 –“WHO TOUCHED MY ROBE?”

MARK 5:25-34¹ NIV

A woman in the crowd had suffered for twelve years with constant bleeding. She had suffered a great deal from many doctors, and over the years she had spent everything she had to pay them, but she had gotten no better. In fact, she had gotten worse. She had heard about Jesus, so she came up behind him through the crowd and touched his robe. For she thought to herself, “If I can just touch his robe, I will be healed.” Immediately the bleeding stopped, and she could feel in her body that she had been healed of her terrible condition.

Jesus realized at once that healing power had gone out from him, so he turned around in the crowd and asked, “Who touched my robe?”

His disciples said to him, “Look at this crowd pressing around you. How can you ask, ‘Who touched me?’”

But he kept on looking around to see who had done it. Then the frightened woman, trembling at the realization of what had happened to her, came and fell to her knees in front of him and told him what she had done. And he said to her, “Daughter, your faith has made you well. Go in peace. Your suffering is over.”

Mark tells us this woman had been subject to bleeding for twelve years. Under Jewish law, this made her ceremonially unclean (Leviticus 15). That meant no temple worship, limited physical contact, and likely no marriage or family life. She lived on the margins.

She had done everything right—seen every doctor, followed every treatment, spent every dollar—and instead of getting better, she only grew worse.

She was tired. Broke. Out of options. Broken.

When she hears that Jesus is near, something stirs in her. She doesn’t ask for an audience or seek His attention. Just the opposite. She believes that if she can just touch His cloak, she will be healed.

So she presses through the crowd from behind. She takes a huge risk. She reaches out. Literally.

Touching Jesus would have made Him unclean—at least according to the rules. She could have been rebuked, exposed, and rejected. But faith pushes her forward anyway.

And when she touches Him, power flows. The bleeding stops. She knows. Jesus stops. He knows. He calls her out. He doesn’t criticize or shame her in any way. He honors her faith and puts it on full display.

“Daughter,” He says, “your faith has healed you. Go in peace and be freed from your suffering.”

It’s not just physical healing, and it’s not just relief. It’s wholeness; it’s salvation—the literal meaning of the word Jesus uses.

Step 2 of re:generation says:

We believe that Jesus Christ has the power to restore us to wholeness.

This step is about hope—not optimism or self-confidence. It’s about faith placed in the right Person.

Step 1 admits, “I can’t.” Step 2 dares to believe, “Jesus can.”

ENTERING THE STORY

Take a moment to imagine the scene. Imagine walking with Jesus; you are in the midst of the chaotic crowd. You are a part of the disruption. What stands out to you about this woman? What do you imagine she felt as she pushed through the crowd? Why do you think Jesus insisted on stopping and speaking to her instead of letting her slip away unnoticed?

¹See also Matthew 9:18-26, Luke 8:40-56

LONGING FOR HEALING

This woman had lived with pain for twelve years. Over time, suffering can start to feel normal, accompanied by a sense of hopelessness. Where have you been waiting a long time for change? What have you tried that hasn't worked? Where are you tempted to believe, "This is just how it's going to be"?

Complete this sentence honestly: I've almost stopped hoping that _____ could change.

HIDDEN FAITH, REAL COURAGE

The woman didn't announce her need. She reached out quietly with desperate courage. What feels risky about trusting Jesus with your brokenness? What fears come up when you think about believing He could really change you? Where have disappointment or past failures made faith harder?

WHAT DOES WHOLENESS MEAN?

Jesus doesn't just heal symptoms. He restores people. Wholeness is not perfection, nor the absence of struggle. It's living a consistent, honest life. This is the meaning of the Hebrew word Shalom, often translated as peace.

What would "wholeness" look like in your life? How would your relationships change? How would your view of God change? How would your inner world change?

Write one sentence: If Jesus restored me to wholeness, my life might look like _____.

MOVING FROM FEAR TO FAITH (STEP 2)

Step 2 is not about having strong faith. It's about placing faith in a strong Savior.

"It is not the strength of your faith but the object of your faith that actually saves you.
Strong faith in a weak branch is fatally inferior to weak faith in a strong branch."

—Timothy Keller, *The Reason for God*

What doubts make it hard to trust Jesus fully? Where do you still feel safer relying on yourself? What would it mean to transfer trust from your own effort to Jesus' power?

REACHING OUT

The woman didn't understand everything about Jesus. She simply believed enough to reach out. What does "reaching out" look like for you right now? What step of faith—small or quiet—might God be inviting you to take? Who could help you take that step?

PRAYER

Jesus, I have tried to fix this on my own for a long time. I believe You can make me whole. Help me reach out to You with faith. I trust You with _____. Amen.

CLOSING REFLECTION

This woman's healing began when she stopped hiding and started trusting. Where is Jesus inviting you to move from managing to trusting?

RE:GENERATION

Re:generation focuses on heart transformation, seeking to remove the idols of our hearts that keep us from a deep, intimate relationship with God. It takes the spiritual wisdom embedded in the Twelve Steps and roots it unapologetically in the Gospel—in Scripture, repentance, grace, and the transforming work of Jesus. We plan to launch Re:generation at Sherwood Oaks Bloomington this fall, with an informational meeting this summer.

Re:generation General Information: <https://www.regenerationrecovery.org/>

Find your struggles (a survey): <https://www.regenerationrecovery.org/struggle-finder>

12 Steps with Key Concepts: <https://www.watermarkresources.com/ministries/regen/12steps>