



Sunday of St. Gregory of Palamas

If we stop to take a look at who we really are, if we look for our true selves, we realize that we are paralyzed, like the man in today's Gospel reading. We may not be paralyzed physically, but our souls are paralyzed. We've fallen short of that sort of love that Christ demonstrates for us by going to the cross. Like that paralyzed man, we need a friend to lower us through the roof so that Christ can forgive our sins and heal us.

Scripture: Mark 2:1-12

Bottom Line: Just as we get to know God through his actions in the world, we can get to know ourselves through *our* actions. By seeing ourselves as we authentically are, we have the means to change and move towards God.

Discussion Questions

1. When you look at your actions—what you do and what you want—what do you discover about yourself?
2. The paralyzed man in today's lesson found healing by having his sins forgiven. What sins are paralyzing your soul? What does Jesus need to heal in you?
3. The paralyzed man depended on his friends to help him draw near to Christ. How can your friends, church, and family help you draw nearer to Christ?
4. What is your plan to ask God for healing in your life?

Moving Forward

This message is about soul searching—seeing what areas of your life you need to repent of and change. The Church offers us confession for this very reason. Through confession, we are reminded that God loves us and died on the cross to make us whole. So, what's holding you back from participating in this healing sacrament?

Changing your mind

"Is it easier to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, pick up your mat, and walk'?" (Mark 2:9 GNT)