



# Faith and Healing in the Gospels



Explore faith, forgiveness, and healing through the story of a paralyzed man lowered through the roof in Mark 2:1–12.

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## Introduction

Welcome to this 7-day Bible study on faith, forgiveness, and healing as demonstrated in the Gospels. Throughout the life and ministry of Jesus, we see powerful accounts of transformation, where faith moves mountains and healing touches every part of the human experience. One particularly inspiring story is found in *Mark 2:1–12*, where a paralyzed man is lowered through a roof by his determined friends so he can encounter Jesus.

In this story, we witness more than a miracle of physical restoration; we see how faith and forgiveness are intertwined. Jesus first addresses the man's sins, highlighting the importance of spiritual healing alongside physical wholeness. This teaches us that Jesus cares deeply about the entire person—body, mind, and soul.

As we journey through this week, we will explore what it means to have faith like the friends who brought the man to Jesus, who overcame obstacles and sought healing with determination and love. We will reflect on how forgiveness is foundational to healing and how Jesus' authority brings restoration to all areas of our lives.

Whether you are seeking encouragement for your own healing journey or desiring to understand deeper the nature of Jesus' ministry, this study will guide you through scripture, reflection, and prayer. Let's open our hearts to the lessons of faith, friendship, forgiveness, and healing in the Gospels,



inviting Jesus to work in and through us just as he did with the paralyzed man and his friends.





## Day 1: 🏠 Breaking Through Barriers



## Your Verse

*Mark 2:1-5 NIV - "When Jesus saw their faith, he said to the paralyzed man, 'Son, your sins are forgiven.'"*

## Supporting Scriptures

- *Hebrews 11:1 - "Faith is confidence in what we hope for and assurance about what we do not see."*
- *James 2:17 - "Faith by itself, if it is not accompanied by action, is dead."*



Day 1: 🏠 Breaking Through Barriers

## Devotional: The Power of Determined Faith

**The story opens with a crowded house where Jesus is teaching, and four friends refuse to let the paralyzed man miss this opportunity for healing. Their faith was so strong that they didn't let physical barriers stop them; instead, they broke through the roof!**

This dramatic action challenges us to consider what barriers in our own lives keep us from experiencing God's healing and presence. Is it fear, doubt, shame, or circumstances beyond our control? The friends' relentless faith models courage and creativity in pursuing Jesus.

Moreover, Jesus responds to faith—not just the man's, but the friends' collective confidence. This reminds us that faith often works in community and is strengthened by supporting one another.

*As you meditate today, think about the ways God is asking you to break through barriers to deeper faith and healing.*



## Reflect and Apply

1. What barriers in your life might be limiting your faith or healing?

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2. How can you be like the friends who acted boldly on behalf of someone in need?

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3. In what ways does community strengthen your faith journey?

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# Journaling Prompts

1. Write about a time you or someone you know overcame an obstacle through faith.

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2. List barriers you feel you need God's help to overcome.

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3. Reflect on how you can support others' faith and healing this week.

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Day 1: 🏠 Breaking Through Barriers

## Prayer for Today

**Lord, thank You for the example of faith in the friends who brought the paralyzed man to You. Help me identify and break through the barriers that hold me back from fully trusting You. Strengthen my faith and the faith of my community, enabling us to seek Your presence boldly each day. May I act courageously and support those who need Your healing touch. In Jesus' name, Amen.** 🙏 ✨ 🏠





## Day 2: ✨ Faith That Moves Jesus



Day 2: ✨ Faith That Moves Jesus

## Your Verse

*Mark 2:5 NIV - "When Jesus saw their faith, he said to the paralyzed man, 'Son, your sins are forgiven.'"*

## Supporting Scriptures

- *Matthew 9:29 - "According to your faith let it be done to you."*
- *Luke 17:19 - "Rise and go; your faith has made you well."*



## Devotional: The Intersection of Faith and Healing

**Jesus' first words to the paralyzed man are not about his physical condition but about forgiveness.** This underscores how faith leads not only to physical healing but spiritual restoration.

Faith is not simply believing Jesus exists; it is a trust that opens us to God's deeper work in our lives. The healing of the man's body follows the forgiveness of his sins, showing us that healing is holistic, involving both body and soul.

When we come to Jesus in faith, we open ourselves to transformation on every level. This faith invites Jesus to address the root causes of our brokenness, which often begin with sin's impact on our hearts and minds.

*Today, consider how your faith invites Jesus to heal all parts of your life and the lives of those around you.*



## Reflect and Apply

1. How do you understand the relationship between faith and forgiveness?

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2. What areas of your life need both physical and spiritual healing?

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3. How can acknowledging sin lead to deeper faith and restoration?

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# Journaling Prompts

1. Describe what forgiveness means to you personally.

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2. Write about a time when faith helped you experience healing.

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3. List areas where you desire Jesus' healing power today.

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Day 2: ✨ Faith That Moves Jesus

## Prayer for Today

Dear Jesus, thank You for showing us that faith is the key that unlocks both forgiveness and healing. Help me to believe in Your power to restore every part of my life—mind, body, and spirit. Teach me to trust You even when healing seems slow or hidden. Open my heart to receive Your grace and to extend that grace to others. Amen. 🕊️ ❤️ ✨







## Day 3: 🤝 Friends Who Pray and Act



Day 3: 🧡 Friends Who Pray and Act

## Your Verse

*James 5:16 NIV - "The prayer of a righteous person is powerful and effective."*

## Supporting Scriptures

- *Ecclesiastes 4:9 - "Two are better than one..."*
- *Galatians 6:2 - "Carry each other's burdens, and in this way you will fulfill the law of Christ."*



Day 3: 🧡 Friends Who Pray and Act

## Devotional: The Role of Community in Faith

**The paralyzed man's healing was made possible because of his friends' faith-filled actions.** They didn't just pray quietly or wait for Jesus to come to them; they actively brought their friend to Jesus, embodying love through action.

This teaches us the power of community in our spiritual journeys. Often, we need others to support, encourage, and stand in faith with us—especially in times of illness, doubt, or hardship.

Prayer coupled with active support creates a powerful force for transformation. Our faith thrives and grows when nurtured in relationships built on compassion and shared hope.

*Reflect on how you can be both a friend who prays and one who acts to bring others closer to Jesus' healing touch.*



## Reflect and Apply

1. Who in your life needs you to be a faith-filled friend like those in the story?

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2. How does community help you grow spiritually?

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3. Are there ways you can be more intentional about supporting others' faith journeys?

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Day 3: 🧡 Friends Who Pray and Act

## Journaling Prompts

1. Write about a time someone acted as a spiritual friend to you.

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2. List ways you can pray and serve those in need this week.

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3. Describe what a faith community means to you personally.

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Day 3: 🧡 Friends Who Pray and Act

## Prayer for Today

**Lord, thank You for the gift of friendship and community.** Help me to be a faithful friend who not only prays for others but also takes courageous steps to support them. Teach me to carry others' burdens with love and humility. May I be a channel of Your healing grace, bringing hope and faith into the lives of those around me. Amen. 🧡 🙏 💙





## Day 4: 🕊️ Jesus Forgives and Heals



Day 4: 🕊️ Jesus Forgives and Heals

## Your Verse

*Mark 2:9-10 NIV - "But I want you to know that the Son of Man has authority on earth to forgive sins..."*

## Supporting Scriptures

- *Isaiah 53:5 - "By his wounds we are healed."*
- *1 John 1:9 - "If we confess our sins, he is faithful and just and will forgive us our sins..."*





Day 4: 🕊️ Jesus Forgives and Heals

## Devotional: Understanding Jesus' Authority

**In forgiving the paralyzed man's sins, Jesus reveals His divine authority.** Many were amazed because only God can forgive sins, showing that Jesus is not just a healer but the Son of God with power over spiritual and physical sickness.

This dual authority reassures us that no problem is too great for Him—whether it's broken health, broken relationships, or broken hearts.

Jesus' healing work restores us fully, inviting us into renewed relationship with God and others. His authority also challenges us to submit our whole lives to Him and trust His timing and ways.

*Consider today how recognizing Jesus' authority changes your perspective on healing and forgiveness.*



## Reflect and Apply

1. How does Jesus' authority over sin and sickness impact your faith?

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2. Do you struggle to fully surrender to His power? Why or why not?

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3. What is one area in your life needing Jesus' authority today?

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# Journaling Prompts

1. Describe what Jesus' authority means to you personally.

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2. Write about how trusting Jesus' authority has affected your life.

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3. Pray and journal your willingness to surrender areas to Jesus today.

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Day 4: 🕊️ Jesus Forgives and Heals

## Prayer for Today

**Jesus, You are Lord over all things—spirit, body, and soul.** Help me to trust in Your authority even when I can't see immediate change. Forgive me for the times I doubt Your power. Strengthen my faith to fully surrender to Your will and receive Your healing and forgiveness. May Your authority bring peace and restoration to all areas of my life. Amen. 🙏🕊️❤️





## Day 5: 🚪 Opening Roofs Through Boldness



## Day 5: 📖 Opening Roofs Through Boldness

## Your Verse

*Acts 4:29 NIV – "Now, Lord, consider their threats and enable your servants to speak your word with great boldness."*

## Supporting Scriptures

- *Ephesians 3:12 – "In him and through faith in him we may approach God with freedom and confidence."*
- *2 Timothy 1:7 – "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



## Devotional: Bold Faith Breaks Barriers

**The friends' decision to break through the roof reminds us that boldness is sometimes necessary in faith.** They didn't wait passively; they took risks to bring their friend to Jesus.

Our faith too may call us to courageous acts—whether speaking truth, reaching out for help, or stepping into the unknown. Bold faith invites the Holy Spirit to empower us with strength, love, and self-discipline to overcome fear and opposition.

When we act with boldness rooted in faith, we open the way for God to move powerfully in our lives and the lives of those we love.

*Ask God today for the courage to act boldly in your faith journey.*



## Reflect and Apply

1. Where is God asking you to be bolder in your faith?

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2. What fears hold you back from taking courageous steps?

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3. How can the Holy Spirit empower you to overcome obstacles?

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# Journaling Prompts

1. Write about a time you stepped out in bold faith and what you learned.

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2. List fears or barriers you feel called to face courageously.

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3. Pray and journal a specific bold step you want to take this week.

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Day 5: 📖 Opening Roofs Through Boldness

## Prayer for Today

**Father, thank You for the example of faith that breaks barriers.** Fill me with Your Spirit to be bold when circumstances feel daunting. Help me to act with love and confidence, trusting that You are with me every step. Give me courage to pursue Your will and bring others closer to You. Amen. 💪 🔥 🙏





## Day 6: ✨ Healing Beyond the Physical



Day 6: ✨ Healing Beyond the Physical

## Your Verse

*Psalm 147:3 NIV – "He heals the brokenhearted and binds up their wounds."*

## Supporting Scriptures

- *Matthew 11:28 – "Come to me, all you who are weary and burdened, and I will give you rest."*
- *2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."*



## Day 6: ✨ Healing Beyond the Physical

# Devotional: God's Healing Touch on Heart and Soul

Healing through Jesus covers more than just our physical ailments. The Psalmist reminds us that God heals broken hearts and binds wounds we cannot see.

Emotional and spiritual pain sometimes last longer than physical sickness, but God invites us into rest and restoration. Jesus extends an invitation to the weary to find peace in Him, showing that His healing renews hope even in the darkest seasons.

Sometimes healing is gradual, aligned with His grace working perfectly even in our weakness.

*Reflect on areas where you need God's healing touch beyond the physical and surrender those to Him today.*



## Reflect and Apply

1. What hidden wounds in your heart need God's healing?

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2. How have you experienced God's grace in weakness?

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3. What does it mean to come to Jesus with your burdens?

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# Journaling Prompts

1. Write about a time God comforted or healed your heart.

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2. List emotional or spiritual struggles you want to pray about.

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3. Journal your feelings as you surrender burdens to Jesus.

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Day 6: ✨ Healing Beyond the Physical

## Prayer for Today

**Lord Jesus, You are the healer of body, mind, and soul.** I invite You to touch the broken and weary parts of my heart. Bring Your peace where there is unrest and Your strength where I feel weak. Help me to trust Your timing and grace in my healing journey. May I find rest and hope in You every day. Amen. ❤️







## Day 7: 🙏 Living Out Faith and Forgiveness



Day 7: 🙏 Living Out Faith and Forgiveness

## Your Verse

*Colossians 3:13 NIV - "Forgive as the Lord forgave you."*

## Supporting Scriptures

- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 5:16 - "Let your light shine before others..."*



Day 7: 🙏 Living Out Faith and Forgiveness

## Devotional: Embodying Christ's Love Daily

**As this study concludes, we see that faith and forgiveness are not only for receiving but also for sharing.** The healing power of Jesus inspires us to embody His love by forgiving others and living in faith-filled action.

Forgiveness breaks chains of bitterness and opens hearts to God's ongoing healing. Living out faith shines as a light in a world often marked by pain and division.

Like the friends who brought the paralyzed man to Jesus, we are called to be proactive, loving agents of God's grace, bringing hope and healing wherever we go.

*Commit today to living boldly with faith and extending forgiveness, reflecting Jesus' heart to those around you.*



Day 7: 🙏 Living Out Faith and Forgiveness

## Reflect and Apply

1. Who do you need to forgive in your life to experience greater healing?

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2. How can your faith be a light to others in practical ways?

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3. What steps will you take to live out Christ's love daily?

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Day 7: 🙏 Living Out Faith and Forgiveness

## Journaling Prompts

1. Write about a time you experienced or extended forgiveness.

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2. List ways to practically demonstrate faith and kindness this week.

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3. Reflect on what it means to be a light in your community.

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Day 7: 🙏 Living Out Faith and Forgiveness

## Prayer for Today

Heavenly Father, thank You for Your amazing grace shown through faith and forgiveness. Help me to forgive others as You have forgiven me and to live out my faith with love and boldness. May I be a reflection of Jesus' healing power and compassion in all I do. Guide me to be a light in the darkness, bringing hope and peace to those around me. In Jesus' name, Amen. ✚️ ✨ ❤️ 🙏





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