Healing Hands of Grace: Lessons from the Withered Hand



Explore God's power and compassion through the story of the man with the withered hand, discovering grace, healing, and restoration.





Table of contents

<u>Introduction</u>	3
Day 1: Encounter at the Synagogue	4
Day 2: The Challenge of the Pharisees	10
<u>Day 3: ₩ The Miraculous Healing</u>	16
Day 4: A Restoring Wholeness Beyond the Physical	22
Day 5: B Compassion That Confronts	28
Day 6: Testored to Community	34
Day 7: 🐪 Living in the Power of Faith	40







Introduction

The story of the man with the withered hand, found in the Gospel according to Mark, provides a profound look into the heart of Jesus: His compassion, His authority, and His desire to restore what is broken. In this study, we will walk through seven days of exploring this passage and its themes, uncovering how Jesus relates to our weaknesses and needs.

Healing is more than just physical recovery; it represents restoration in our spiritual lives, relationships, and emotional well-being. The man with the withered hand came to Jesus, seeking restoration, and was met with love and power. Each day we'll dive into Scripture to understand the significance of faith, the challenge of opposition, and the overwhelming grace available to us all.

As we engage with this story throughout the week, pay attention to how Jesus confronts societal barriers, confronts hypocrisy, and extends grace. Allow His example to inspire you to trust God's healing power in every area of your life.

Let this time be one of deep reflection, bold faith, and renewed hope. May the story of the man with the withered hand encourage you to reach out to Jesus with confidence, knowing He is able and willing to restore and make whole.

















Your Verse

Mark 3:1-5 - "Then Jesus said to the man with the withered hand, 'Stand up in front of everyone.'"

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 53:4 "Surely he took up our pain and bore our suffering."







Devotional: Jesus Sees Beyond Our Brokenness

The setting is a synagogue, a place of worship and law. Jesus encounters a man crippled for years, with a withered hand that limited his ability to live fully. The religious leaders watched intently, waiting to accuse Jesus depending on what He would do. But Jesus sees beyond the hand — He sees the man's need for restoration.

Jesus commands the man to step forward openly, showing His willingness to heal publicly and boldly. This act reminds us that healing and grace are not for hidden places but for our whole lives and communities. Jesus challenges both the laws of men and the hardness of hearts.

Take a moment to consider: Where do you feel limited or 'withered' in your own life? Are you willing to step into the light, trusting Jesus to bring restoration? His compassion invites us all into wholeness.







Reflect and Apply

1.	How do you feel when your struggles are visible to others?
2.	In what areas do you need Jesus to restore and make you whole?
3.	What barriers might be preventing you from stepping forward in faith?







Journaling Prompts

1.	Write about a time you felt broken or limited like the withered hand man.
2.	Describe how you imagine Jesus' compassion toward you in your struggles.
3.	Record your feelings about openly seeking healing or help in your life.







Prayer for Today

Lord Jesus, you see my struggles and limitations even when others do not. Help me to step forward in faith and trust Your healing touch. *Restore what is broken in me* and grant me courage to live openly in Your grace. Thank You for Your compassion and power to make me whole. Amen. 4

















Your Verse

Mark 3:6 – "Then the Pharisees went out and began to plot with the Herodians how they might kill Jesus."

Supporting Scriptures

- John 15:18 "If the world hates you, keep in mind that it hated me first."
- Psalm 37:1 "Do not fret because of those who are evil or be envious of those who do wrong."







Devotional: Faith Faces Opposition But Remains Firm

After Jesus shows compassion to the man with the withered hand, the religious leaders become hostile. Their hearts hardened, they begin to conspire against Him. This reminds us that standing for what is right, especially when it challenges traditions or injustice, may bring opposition.

Jesus' healing contrasted the Pharisees' legalism and revealed their spiritual blindness. Their plotting emphasizes a common tension in following Jesus: faith often invites resistance from those attached to rigid rules or power.

Reflect on any opposition or misunderstanding you experience for living out your faith or doing what is right. Jesus endured hostility yet stayed focused on bringing healing and truth. Let this encourage you to hold steady in faith amid challenges.







Reflect and Apply

1.	Have you experienced opposition because of your faith or values?
-	
	What can Jesus' response to the Pharisees teach you about handling criticism?
3.	How do you maintain your spiritual focus in the face of conflict?
-	







Journaling Prompts

1.	Write about a time you felt challenged or misunderstood for your beliefs.
2.	Describe ways you can stay strong in faith amid opposition.
3.	Pray and journal what strength or wisdom you need from God today.







Prayer for Today

Father God, give me strength when others oppose me for doing what is right. Help me to stand firm, like Jesus, with love and courage. Let my faith not waver when challenges come. Fill me with Your peace and wisdom as I navigate opposition. Amen. 😢 🕽 💪

















Your Verse

Mark 3:5 - "He looked around at them in anger and, deeply distressed at their stubborn hearts, said to the man, 'Stretch out your hand.' He stretched it out, and his hand was completely restored."

Supporting Scriptures

- Jeremiah 30:17 "I will restore you to health and heal your wounds," declares the Lord.
- Luke 6:19 "And the people all tried to touch him, because power was coming from him and healing them all."







Devotional: Stretching Out Our Hands to Receive Healing

Jesus' healing act is a powerful display of His divine authority and compassion. The man's hand is instantly restored at Jesus' command, demonstrating that nothing is impossible for God. Also notable is Jesus' response to the stubborn hearts around Him; He is angry and deeply grieved by their refusal to embrace mercy.

This invites us to reflect on the state of our own hearts: Are we open to God's healing and grace, or do stubbornness and skepticism block us? The miracle shows that faith and obedience — stretching out the hand — open the way for God's transforming power.

Consider how you can 'stretch out your hand' today to receive Jesus' healing in a specific area of your life. God longs to restore us fully — physically, emotionally, and spiritually.







Reflect and Apply

1.	What does it mean for you to 'stretch out your hand' in faith?
2.	Are there areas where stubbornness might be preventing healing?
3.	How can you open yourself more fully to God's restoration power?







Journaling Prompts

1.	Write about an area in your life where you desire healing or restoration.
	Reflect on moments when you've resisted God's work in your life and why.
3.	Journal a prayer asking God to help you receive His healing grace.







Prayer for Today

Lord Jesus, I stretch out my hand to You now. Heal what is broken and restore what feels lost. Help me overcome any stubbornness or doubt that hinders Your work in my life. I trust in Your mighty power and mercy. Amen. \bigcirc

















Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- 2 Corinthians 12:9 "My grace is sufficient for you, for my power is made perfect in weakness."
- Matthew 9:6 "But I want you to know that the Son of Man has authority on earth to forgive sins."







Devotional: Healing Beyond What the Eye Can See

While the physical healing of the withered hand is dramatic, God's healing goes beyond physical restoration. He heals broken hearts, restores souls, and forgives sins.

Jesus' authority not only mends bodies but renews relationships with God and others. True wholeness involves healing in all dimensions — physical, emotional, spiritual. Sometimes what we most need is forgiveness or restoration in our inner being.

Examine areas in your life that may require healing beyond the surface: relationships, guilt, fears, or broken trust. Jesus' healing touch invites all who feel incomplete to be made fully whole.







Reflect and Apply

1.	What area of your heart or soul needs healing right now?
2.	How does God's forgiveness bring restoration to your life?
3.	In what ways can you invite Jesus to heal deeper hurts?







Journaling Prompts

1.	Write out a painful emotional or spiritual area where you seek healing.
	Reflect on how forgiveness has transformed your relationship with God or others.
3.	Pray for the courage to let Jesus heal hidden wounds.







Prayer for Today

Heavenly Father, I ask You to heal not only my body but also my heart and soul. Bind up my wounds and forgive my shortcomings. Help me embrace Your grace that restores fully and freely. Amen.

















Your Verse

Mark 3:5 - "He looked around at them in anger and, deeply distressed at their stubborn hearts..."

Supporting Scriptures

- Ephesians 4:15 "Speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ."
- Hebrews 12:6 "The Lord disciplines the one he loves..."







Devotional: When Compassion Demands Courageous Truth

Jesus' anger toward the Pharisees wasn't rage but righteous indignation over their hard, stubborn hearts refusing to see God's work. Compassion sometimes requires confrontation to bring people from darkness to light.

Love is not always soft; it is also bold and challenging. Jesus stands against hypocrisy and callousness to protect and restore true spiritual health.

Reflect on how you respond to situations that need correction or confrontation. Are you able to balance love and truth? Jesus' example teaches us that compassionate confrontation is an expression of deep care.







Reflect and Apply

1.	Are there situations where you need to speak truth in love with courage?
2.	How do you balance kindness and firmness in relationships?
3.	What can Jesus' example teach you about righteous anger?







Journaling Prompts

1.	Write about a time you had to confront someone out of love.
2.	Reflect on moments when you hesitated to speak the truth and why.
3.	Journal prayers asking God for courage and wisdom in difficult talks.







Prayer for Today

God of truth and love, help me to reflect Jesus' compassion by speaking truth in love. Give me courage to confront with gentleness and care. Teach me to be patient yet firm, bringing healing and understanding. Amen. \heartsuit









Day 6: CRestored to Community









Day 6: W Restored to Community

Your Verse

Luke 6:10 - "He said to the man, 'Stretch out your hand.' He did so, and his hand was completely restored."

Supporting Scriptures

- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."
- Romans 12:5 "So in Christ we, though many, form one body, and each member belongs to all the others."







Day 6: WRestored to Community

Devotional: Healing Bridges Us Back to Relationships

Healing restores not just the individual but also the person's relationship with community. The man with the withered hand, once limited and isolated, is now able to fully participate in society and worship.

God's healing reconnects us to others and to the purposes He has for our lives. Often, our wounds isolate us, but Jesus' restoration brings freedom and inclusion.

Consider your role in your community and how healing in your life can enable you to serve and connect more deeply. Healing is a step toward fulfilling God's calling to live in relationship with others.







Day 6: 🌣 Restored to Community

Reflect and Apply

1.	How has healing or restoration changed your relationships?
2.	Are there connections you need to mend or strengthen?
3.	How can you support others who feel isolated or broken?







Day 6: 🌣 Restored to Community

Journaling Prompts

	Write about a time when healing improved your community relationships.
2.	List ways you can encourage others in their healing journeys.
3.	Pray and journal your hopes for deeper connection with a group or church.







Day 6: 🌣 Restored to Community

Prayer for Today

Lord God, thank You for restoring me not only physically but also relationally. Help me to embrace community and support others as they heal. Teach me to live in love and fellowship with Your body. Amen. \heartsuit

















Your Verse

Hebrews 11:1 - "Now faith is confidence in what we hope for and assurance about what we do not see."

Supporting Scriptures

- Mark 3:4 "He looked around at them in anger and, deeply distressed at their stubborn hearts."
- Romans 8:37 "In all these things we are more than conquerors through him who loved us."







Devotional: Faith That Brings Healing and Victory

The story of the man with the withered hand is ultimately a story of faith. His willingness to come to Jesus, stretch out his hand, and receive healing required trust and confidence in Jesus' power.

As believers, we are called to live with a faith that overcomes obstacles and opposition. Jesus shows us the way: compassionate, courageous, and victorious.

Invite God to strengthen your faith today. Reflect on how His power is at work in your life, healing wounds and enabling you to overcome. Let us live boldly, confident that Christ's love and authority give us victory.







Reflect and Apply

1.	What does faith mean to you in your current season?
2.	How does Jesus' authority give you confidence?
3.	In what areas do you need to step out in faith this week?







Journaling Prompts

1.	Write about a time when faith helped you overcome a challenge.
2.	Journal your hopes for growth in trusting God fully.
3.	Pray for boldness and confidence to live out your faith daily.







Prayer for Today

Faithful God, strengthen my trust in You. Help me to live boldly, confident in Your love and power. May my faith grow strong, bringing healing, victory, and hope to my life and those around me. Amen. 🙌 🛠 💪







Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others.

Lase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.