



Open Up Your Hands (Mark 5:21-34)

Sunday, September 17, 2023 AVBC



1. Your hands of faith are open when you _____
God's _____ touch on your life.

2. Your hands of faith are open when you _____
in your pursuit of God's _____

Keep on asking, and you will be given what you ask for. Keep on looking, and you will find. Keep on knocking, and the door will be opened. (Matthew 7:7)

3. Your hands of faith are open when you _____
upon Jesus _____.

4. Your hands of faith are open when you choose to
_____ positive _____ thoughts.

What I _____ determines what I _____.

-Proverbs 23:7

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. (Romans 12:2)

Jesus not only wants to meet your _____;
He wants to meet _____.

5. Your hands of faith are open when you _____
God's private work _____.

DIGGING DEEPER

(For use in personal/family devotions or with your care group)

Q1: What is the most exciting or treasured gift you have ever received?

Q2: Has there ever been a time in your life where you may not have received a blessing from the Lord because your hands were "already full"? If so, explain.

Q3: Read through Hebrews 11. Which character of faith can you relate to? Why? What is it about their faith that encourages you to walk by faith?

Q4: The woman in the story could have easily given up due to frustration or repeated disappointments. Have you ever gone through a time when you were tempted to "throw in the towel"...or maybe did? If so, explain.

Q5: What kinds of negative or pessimistic thoughts do you struggle with when you are going through a tough time? What scripture(s) help you win the battle of your mind?

Q6: Study I Samuel 17:32-50. What are some faith principles that you can glean from this story to empower you as you face the "giants" in your life?

Q7: Take some time right now to open up the palms of your hands and pray a prayer of faith...asking God to do for you that which only He can do.