

Taking Responsibility

In Mark 5v24-34 there is the story of a woman who had an illness which made it hard for her to be involved with normal society. Read this now:

24A large crowd followed and pressed around him. 25And a woman was there who had been subject to bleeding for twelve years. 26She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. 27When she heard about Jesus, she came up behind him in the crowd and touched his cloak, 28because she thought, "If I just touch his clothes, I will be healed." 29Immediately her bleeding stopped and she felt in her body that she was freed from her suffering.

30At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, "Who touched my clothes?"

31" You see the people crowding against you," his disciples answered, "and yet you can ask, 'Who touched me?'"

32But Jesus kept looking around to see who had done it. 33Then the woman, knowing what had happened to her, came and fell at his feet and, trembling with fear, told him the whole truth.

34He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

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This story can be read in two ways:

1. This poor woman just needed to touch Jesus' cloak and that would have been enough. Why did he have to call her out into the open and embarrass her? Isn't this cruel and unkind and serves no purpose? All she needed to do was to receive healing.
2. Jesus not only wanted to heal her body but heal her mind and give her back her social standing. To be sure, it was a difficult thing to do. But the result was that she was fully accepted back into society and in the long term would have been more confident about speaking about her past. She had already done so much in sneaking up to touch his cloak – he was just completing the process for her

Because of the way Jesus did it, his healing power was combined with her taking responsibility for getting better and the crowd accepting her back into normal society. All three are needed. But, sometimes, people with emotional health problems can put all the responsibility onto God [Heal Me!] or onto the local church [Accept Me!]. We need to take responsibility ourselves for change as well.

Unless all three parties are involved, we will end up getting stuck. This is especially important for people who feel their emotional health problems are the result of someone else's actions. Sometimes we can wait a long time for that person to say, "Sorry" when in reality they are never going to do so – they may be long gone, in denial or even dead.

Are you waiting for some answers that are actually impossible? Spend some time thinking about these things below. Others have found them helpful.

If you are waiting for someone who hurt you to say sorry, understand that God takes the responsibility for this one. Jesus died on the cross to pay the price they have not.	Notes:
Are there areas in your life where you have given up and are waiting for God to do a miracle? Could He want to share the responsibility with you?	

<p>How much do you believe in these statements? Rate them 0→10</p> <ul style="list-style-type: none"> • The Church has let me down • God doesn't listen • I am different to everybody else 	<p>0→10 0→10 0→10</p>
<p>The church can sometimes be intolerant of people's mental health problems, but is this any different from the rest of society? How could the Mind and Soul course make a difference?</p>	