



## Supplementary Material

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Week #1

Wholeness: Hope and Healing

## Monday, October 4: Capernaum Synagogue

"Be Silent"

- **Mark 1:21-28 (RSV)**

Then they came to Capernaum, and on the sabbath he entered the synagogue and taught. The people were astonished at his teaching, for he taught them as one having authority and not as the scribes. In their synagogue was a man with an unclean spirit;

he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked him and said, "Be Silent! Come out of him!" The unclean spirit convulsed him and with a loud cry came out of him. All were amazed and asked one another, "What is this? A new teaching with authority. He commands even the unclean spirits and they obey him." His fame spread everywhere throughout the whole region of Galilee.

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## Tuesday, October 5: Peter's House in Capernaum

"Get Up"

- **Mark 2:21-28 (RSV)**

When Jesus returned to Capernaum after some days, it became known that he was at home. Many gathered together so that there was no longer room for them, not even around the door, and he preached the word to them. They came bringing to him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, "Child, your sins are forgiven." Now some of the scribes were sitting there asking themselves, "Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?" Jesus immediately knew in his mind what they were thinking to themselves, so he said, "Why are you thinking such things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, pick up your mat and walk'? But that you may know that the Son of Man has authority to forgive sins on earth" - he said to the paralytic, "I say to you, get up, pick up your mat, and go home." He rose, picked up his mat at once, and went away in the sight of everyone. They were all astounded and glorified God, saying, "We have never seen anything like this."

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## Wednesday, October 6: Synagogue at Nazareth

"Anointed to Bring Good Tidings to the Afflicted"

- **Isaiah 61:1-4, 7 (RSV)**

The spirit of the Lord GOD is upon me,  
because the LORD has anointed me;  
He has sent me to bring good tidings to the afflicted,

to bind up the brokenhearted,  
To proclaim liberty to the captives,  
release to the prisoners,  
To announce a year of favor from the LORD  
and a day of vindication by our God;

To comfort all who mourn  
to place on those who mourn in Zion  
a diadem instead of ashes,  
To give them oil of gladness instead of mourning,  
a glorious mantle instead of a faint spirit...

They shall rebuild the ancient ruins,  
the former wastes they shall raise up  
And restore the desolate cities,  
devastations of generation upon generation.  
You yourselves shall be called "Priests of the LORD,"  
"Ministers of our God" you shall be called.  
You shall eat the wealth of the nations  
and in their riches you will boast...

Because their shame was twofold...  
everlasting joy shall be theirs.

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## Thursday, October 7: Eastern Road of Capernaum, Orthodox Site

"Lord, I am Not Worthy to Have You Under My Roof"

### • **Mathew 8:5-13 (RSV)**

When he entered Capernaum, a centurion approached him and appealed to him, saying, "Lord, my servant is lying at home paralyzed, suffering dreadfully." He said to him, "I will come and cure him."

The centurion said in reply, "Lord, I am not worthy to have you come under my roof; only say the word and my servant will be healed. For I too am a person subject to authority, with soldiers subject to me. And I say to one, 'Go,' and he goes; and to another, 'Come here,' and he comes; and to my slave, 'Do this,' and he does it." When Jesus heard this, he was amazed and said to those following him, "Amen, I say to you, in no one in Israel have I found such faith. I say to you, many will come from the east and the west, and will recline with Abraham, Isaac, and Jacob at the banquet in the kingdom of heaven, but the children of the kingdom will be driven out into the outer darkness, where there will be wailing and grinding of teeth." And Jesus said to the centurion, "You may go; as you have believed, let it be done for you." And at that very hour [his] servant was healed.

**Friday, October 8: Bethsaida Excavations on the Sea**  
"Outside the Village"

- **Mark 8:22 (RSV)**

When they arrived at Bethsaida, they brought to him a blind man and begged him to touch him. He took the blind man by the hand and led him outside the village. Putting spittle on his eyes he laid his hands on him and asked, "Do you see anything?" Looking up he replied, "I see people looking like trees and walking." Then he laid hands on his eyes a second time and he saw clearly; his sight was restored and he could see everything distinctly. Then he sent him home and said, "Do not even go into the village."

- **Authentic Love by Dr. Brennan Mullaney (p. 18-19)**

*Reflection on What the Happens to the Lord When He Encounters Us*

"When I love you, my heart, the center of the center of me, the spirit of me, leaves the confines of my body and I move into you. If you are lost, even unto yourself, I go in search of you. It is strange, this power of love, for sometimes I find you even before you have found yourself, and finding you, I will never let you go.

Finding you, I stand inside you, in your shoes, inside your skin, looking out at the world through your eyes, seeing what you see, hearing what you hear, feeling what you feel, not just understanding your hurts (empathy), but suffering the pain of your hurts right along with you.

When there is grief yet unwept, buried in your heart, my heart grows heavy as I fight away tears with you. You want to cry, but cannot, so my throat hurts. When you recount the agony of childhood rejection, my chest hurts.

When you are unjustly treated, I rage even when you cannot. And when you remain bewildered, still lost, I speak to you with my eyes, silently saying, "Here you are -- right here! See? You are the one I am loving."

Sadly, though, as you discover yourself, you rediscover the wounds that sent you into hiding, and with those wounds comes pain, boiling up from the deep, and my heart suffers right along with you.

Finally, then, you cry, and I taste salt.

But when you sing, my heart hums along in harmony. Inside you, I can see clearly the beauty, the courage, the honesty, all your virtues -- the unique goodness that you are. Here, inside you, I can see, absorb and unite with the spirit of you that may not have been apparent at all from the outside.

Here, within, I can see unique value, strengths, and wonderful yearnings that no one could see from the outside - goodness buried beneath pain and pain's obnoxious symptoms and defenses that may have pushed people away.

Loving you, I experience you from outside-in and inside-out simultaneously; I remain me while growing in oneness with you, uniting with you, and in a very real way, albeit mysteriously, becoming you."

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**Saturday, October 9: End of Week One Adoration & Prayer**  
"Follow Me"

**Luke 4:16- 21 (RSV)**

And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah. He opened the book and found the place where it was written: "The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good tidings to the afflicted; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison[c] to those who are bound; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn." (Isaiah 61) And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. And he began to say to them, "Today this scripture has been fulfilled in your hearing."

## Lectio Divina: praying the scriptures

### Read:

- Read through the passage once to become familiar with the text
- Read the passage again more slowly
- Read the passage a third time, repeating to yourself the words or phrases that stand out

### Reflect:

Try to identify the feelings that arise within:

- What is stirring in your heart?
- What happens inside when you consider areas where you are weak, sinful, broken?

Reflection Questions: Take a moment to examine the ways your heart has been broken.

1. What personal afflictions do you need healing from? Be specific.
2. Have you been imprisoned or bound up spiritually? Be specific.
3. Is there some area where you have suffered without relief? Where or to what did you turn for help?
4. Do you believe Jesus desires to help you? Identify any attitudes of doubt and unbelief inside of you that stand in the way of you receiving Jesus' powerful healing love, and write them down.
5. Do you define people (and yourself) by their brokenness, judging them by labels that define their behaviors or symptoms, or do you see them (yourself) in their wholeness?
6. Do you believe that disease and dysfunction result from deprivation of love? Why or why not?
7. Do you believe that love heals? Explain why or why not.

### Respond:

Speak to God, writing out a prayer to the Lord acknowledging and clearly articulating the areas you identified in questions 1-4. Ask the Holy Spirit to show you more about the root issues behind the afflicts and suffering. What is God speaking to you? Offering you? Asking you?

### Rest:

Sit quietly in God's presence, asking, "What do you want me to take away from this?" Try to rest in God's love, and listen. If you find yourself agitated, ask the Holy Spirit to come into your heart and brokenness, taking away fear and anxiety, and replacing it with trust in the Father's loving desire to heal you.

## Matt Maher Song Lyrics

*"Won't Let Me Down"*

*Standing in ruins, Covered in ashes  
Why God, oh why? Do we suffer in life*

*A heart is in shambles, There's no easy answers  
But You aren't surprised, There's no fear in Your eyes...*

*All through the night, All through the night*

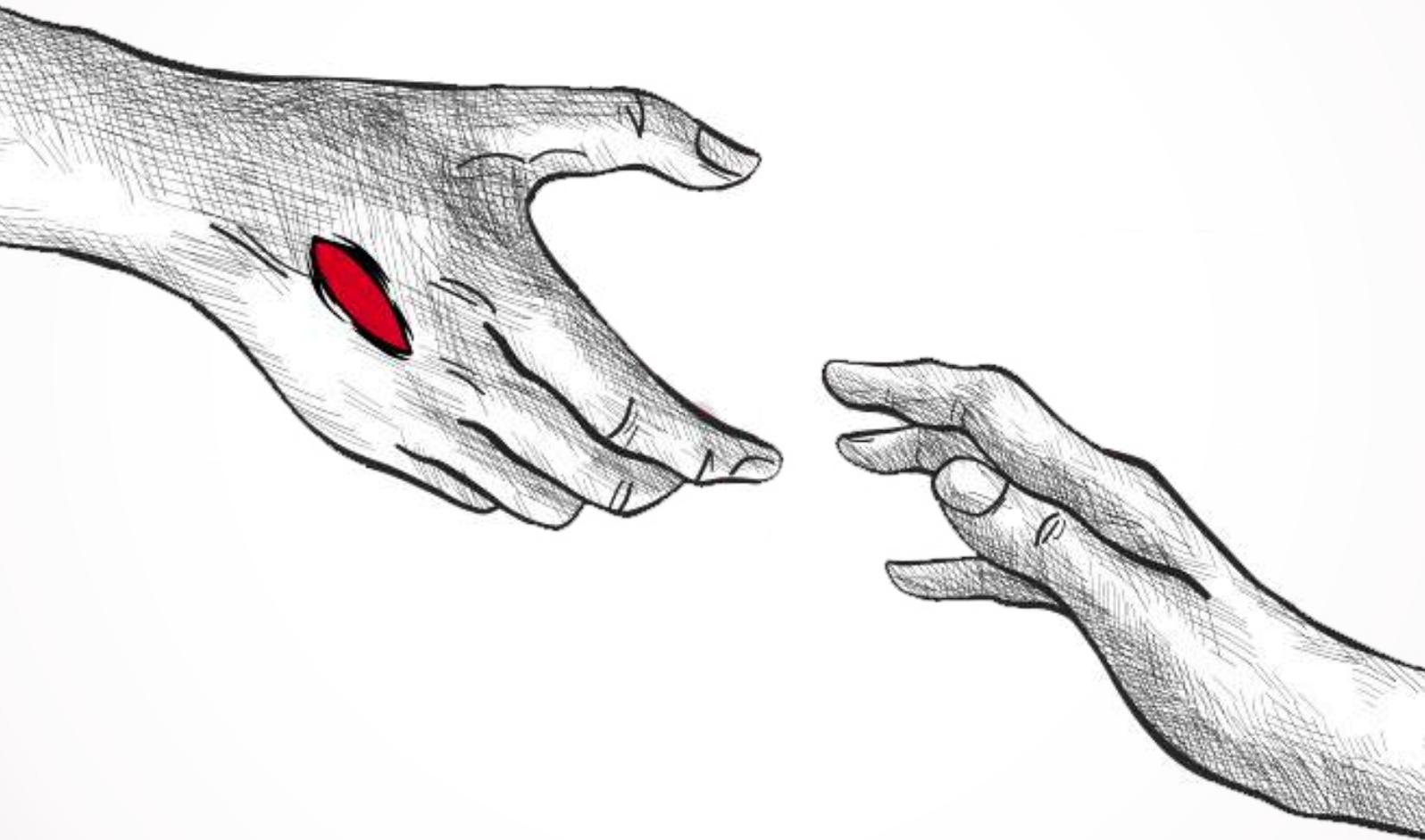
*Your love won't let me down  
You always find a way somehow  
I know Your heart will never walk out  
Your love, it won't let me  
It won't let me down  
Your love, it won't let me  
It won't let me down*

*To all that is fallen, You bring redemption  
You heal and provide, And hope will arise...  
All through the night, All through the night*

*Your love won't let me down...*

*You hold me up, You hold me up  
You hold me all through the night  
You hold me up, You hold me up  
You hold me, all through the night*

*Your love won't let me down...*



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