



西區浸信會 小組討論

2022年7月3日

- 講員：曾李麗冰牧師
- 經文：馬可福音 5:25-34

故事：邊緣人的故事

1

長期病患者

耶穌對她說：「孩子，你的信心救了你！平安地回去吧，你的病痛消除了。」馬可福音 5:34

Ice-breakers 破冰問題

- Discuss and share about your health condition by asking these questions: Do you think you are healthy? Do you have any health concerns or any long term health issue? What are they? Do you have routine medical check up? How many of you have to take ongoing prescribed drugs/medicines? What was the longest time that you were sick? How many of you have been hospitalized? You may use other questions that can enable you to share about your health condition.
通過以下問題討論和分享您的健康狀況：您認為自己健康嗎？您有任何健康問題或任何長期病患嗎？這些是什麼？你有例行身體檢查嗎？你們中有多少人必須服用持續的處方藥/藥物？你生病的最長時間是多久？你們曾經住院嗎？可以使用其他讓您分享健康狀況的問題。

To know 認知

- Read (Mark 5:25-26). Who was this woman? What was the apparent issue that she faced? Discuss and share. 閱讀(馬可福音 5:25-26)。「這個女人是誰？她面臨的明顯問題是什麼？」
- Read (Leviticus 15:25). What were the deeper issues that this woman faced? Why would she be in a desperate situation? Discuss and share. 閱讀(利未記 15:25)。「這個女人面臨的更深層次的問題是什麼？為什麼她會陷入絕境？請討論和分享。」
- Read (Mark 5:27). How did this woman seek solution to her frustrating situation? How did she hear about Jesus? What is our response when we hear about Jesus? What can we learn from this woman? Discuss and share. 閱讀(馬可福音 5:27)。「這個女人是如何為自己沮喪的情況尋求解決方法的？她是如何聽聞耶穌的？當我們聽到耶穌時，我們的反應是什麼？我們能從這個女人身上學到什麼？請討論和分享。」
- Read (Mark 5:28). What did the woman do after hearing about Jesus? Are we like this woman sometimes? How? Do we have this kind of struggle as we approach Jesus, longing mixed with fear? Discuss and share. 閱讀(馬可福音 5:28)。「女人聽了耶穌的事後做了什麼？我們有時也會像這個女人嗎？如何像她？當我們接近耶穌時，我們是否有這種掙扎，渴望與恐懼？請討論和分享。」
- Read (Mark 5:29-30, 33-34). Why did Jesus heal her? Why did Jesus stop to find out who the woman was? How did her response reflect faith? What would be our response if we were in the same situation? Why? Discuss and share. 閱讀(馬可福音 5:29-30, 33-34)。「耶穌為什麼要醫治她？為什麼耶穌停下來想知道那個女人是誰？她的反應如何反映信心？如果我們處於同樣的境地，我們的反應是怎樣？為什麼？請討論和分享。」
- Can we imagine some situations in our daily life that may be similar to this woman? What can we learn from this woman in dealing with tough issues or situations in life? Discuss and share. 能想像我們日常生活中的一些情況可能與

我的領受

- 神藉著今天的小組討論對你說了甚麼？



這個女人相似嗎？在處理生活中的棘手問題或情況時，我們可以從這個女人身上學到什麼？請討論和分享。

- Do we know who Jesus is? Do we truly believe that He is the only God who has the power to solve all problems in life? Do we dare to reach out to Jesus on a daily basis? Have we ever put our faith in Jesus? Discuss and share. 我們知道耶穌是誰嗎？我們真的相信祂是唯一有能力解決生活中所有問題的神嗎？我們敢每天接觸耶穌嗎？我們有沒有信靠過耶穌？請討論和分享。

To feel 感受

- How would we feel if we were a person who has long term health issue and suffers for an extended period of time? Put ourselves in the shoes of this woman and share all our negative feelings and emotions. 如果我們是一個有長期病患並長期受苦的人，我們會有什麼感覺？設身處地從這個女人的立場想，分享我們所有的負面感受和情緒。
- How would we feel if we were like this woman, healed by Jesus in just one touch? Share this experience and all the feelings and emotions. 如果我們像這個女人一樣，被耶穌輕輕一碰，我們會有什麼感覺？分享這段經歷以及所有的感受和情緒。

To plan and do 計劃及實踐

- Help one another understand through today's story that we may all face tough issues or situations in life. Learn from this woman in putting our faith in Jesus. 通過今天的故事幫助彼此了解我們都可能面臨生活中的棘手問題或情況。從這個女人身上學習如何相信耶穌。
- Try to encourage people in the group to identify their present situations or issues that they face. Suggest some practical ways in dealing with these issues acknowledging that Jesus can understand all our troubles and be the solution to all the problems in life. 嘗試鼓勵小組中的人確定他們目前的情況或他們面臨的問題。提出一些實際的方法來處理這些問題，承認耶穌可以理解我們所有的困難，並且可以解決生活中的所有問題。
- In the coming weeks, try to find one or two people in the group to pray with you and for you. Pray for an issue that you are facing right now and ask Jesus to intervene and help. 在接下來的幾週裡，嘗試在小組中找一兩個人和你一起祈禱。為你現在面臨的問題禱告，求耶穌介入和幫助。

我的領受

- 神藉著今天的小組討論對你說了甚麼？



我的禱告回應

- 為著今天神對你說的話，你有何回應？請寫下你的禱告。

我的行動回應

- 因著今天神對你說的話，你會在行動和心態上作出甚麼回應或改變？