

The man no chain could hold

Mark 5:1-20

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What was the man's life like before Jesus arrived, and how is he described afterward?

2. What does it show me about people — and about myself?

Where have you seen powers that people fear — and how does Jesus compare to them in this story?

3. What will I obey this week? (a concrete step, with a day)

Jesus sent the man home to tell what the Lord had done. What has the Lord done for you that you will stop hiding this week?

4. Who will I tell?

Who in your family needs to hear how much the Lord has done for you and how he has had mercy on you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, no chain could hold that man, yet one word from you set him free. Thank you that nothing tormenting me is stronger than you — seat me at your feet, clothed and in my right mind.



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