

The man set free

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 does Jesus do for the tormented man, and what does he tell him to do afterward?

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

What holds or torments you that you long to be free from?

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

How will you let Jesus bring freedom to that area this week?

4. Who will I tell?

Who at home could you tell how much Jesus has done for 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, thank you that no one is too broken for you to set free. Restore me, and send me to tell my family what you have done.
