

The Sparkle Egg

Paralyzed by Past Sin

When we hold onto feelings of guilt and shame associated with past mistakes, we can become paralyzed in our lives, unable to move forward or claim the abundant life God has planned for us. God doesn't want us to live this way. He wants us to live in the freedom of His grace, knowing in our hearts we are forgiven. When we accept His forgiveness in our hearts, it frees us to be healed in other areas of our lives.

Read Mark 2:1-12 and answer the following questions.

1 What did Jesus say to the paralyzed man in Mark 2:5?

2 What did Jesus do first, forgive the paralyzed man's sin or heal him physically?

3 After the paralyzed man had been forgiven, Jesus gives the man instructions. What are they?

Have you ever felt paralyzed by the memory of sin in your life? We don't know what this man did, but the man himself undoubtedly knew. There was some pain in his life from past sin that was weighing him down. Maybe he thought about it day after day as he lay on his mat, wondering if he was being punished for what he did. Maybe the sin he committed was the last thought he had before he closed his eyes at night, and the first one he had when he woke up in the morning. Maybe the dedicated friends who lowered him through the roof of the house where Jesus was, didn't know what he had done, and maybe the man thought to himself as they were digging through the rooftop... *If only they knew what I had done, they wouldn't be helping me now.* Maybe he worried... *If Jesus knows what I did, he's not going to heal me.*

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Is there a memory of sin in your life that you keep locked deep down inside? Think of how you would describe it in one sentence and then write down the first letter of each word in your sentence. Take a few moments to reflect on that buried sin. Do you feel the weight of it? God wants you to let it go. Jesus came so you could. It is a gift you are meant to accept completely. No matter how many sins are buried.

In other cases where Jesus healed, there is no mention of sin being forgiven. Why do you think it's mentioned here? When we don't accept forgiveness, it doesn't matter if we are healed on the outside. Inside, we remain sick. We are paralyzed to do the important things in our life. And what is the most important thing we can do?

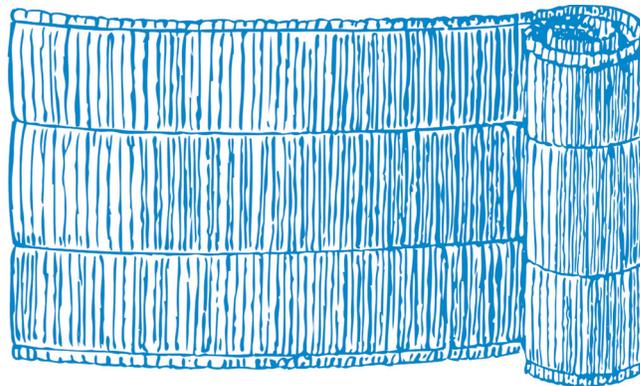
Read Matthew 22: 36-37 and write your answer below.

Do you think the paralyzed man would've been in a position to love God with all his heart, soul and mind, had only his body been healed? Why or why not?

Jesus forgave the paralyzed man's sins. Jesus' grace enabled him to pick up his mat and walk. Until you accept forgiveness, you won't be able to fully accept the grace God wants to pour into your life.

What are the sin or sins you are clinging to from your past? Or is there something currently going on in your life you need to repent/turn away from? Is there someone in your life that you haven't forgiven? Jesus can help you forgive. Lay down the burden of sin on the mat below. Let Jesus forgive the things that are paralyzing you.

This exercise is between you and God. You can draw a symbol or code your response to protect your privacy.



Accept Jesus' forgiveness 100%. If you'd like, you can cut out your mat and roll it up. Put it in your Sparkle Egg and remove it on Easter morning. Celebrate that you have a Savior that delights in forgiving you. A Savior that gave His very life so you could have a relationship with your loving God without sin coming between you. God doesn't want you to define yourself by sin and past mistakes; He wants you to define yourself by His love and grace.

Pick up your mat and be free.