



This Is My Story

Featuring
Melissa Adams & Mel Hiatt

Session 1: Alone

➔ ***Session 2: Worthy***

Session 3: Trust

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This study will examine the word “worthy.” Many things can make you feel worthy, but if those things are not the ever-constant Jesus, they will fail you. Journey through Mark chapter 5 and watch as this story comes alive for you. Here you will find two people who are on both sides of the spectrum of worthiness. In the middle of it all you will find your story—a story that finds itself to be worthy because of Jesus. This is your story.

1. As a single mom, you might often feel alone on your journey.
Who do you have in your life that you know is praying for you?
2. Being a parent is complicated. You will have good days and bad days.
At what moment did you feel like you were doing a great job as a mom?

We all have a moment in our story when we’ve felt unworthy. These moments can cause us to search for worthiness in all sorts of places.

3. Being honest with yourself, where are you finding your worth? Is it in Jesus or something else?

Melissa said, “My whole life I struggled to feel worthy. Worthy of a compliment, worthy of someone's attention even though I desperately wanted it, or worthy of people’s affection.”

4. What have you experienced as a single mom that makes you feel unworthy?
5. If you have a child that has struggled with feeling unworthy, what did you do to help them through that moment?

Melissa had an experience with Jesus that allowed her to feel worthy. She began to find her worth in Jesus because the Bible says he knew her before she was born. She was so valuable to him that he DIED for her. He loved her for who she was, stains and all. Her value came from being a child of God. She discovered she was never going to measure up without Jesus.

6. Have you ever found your worthiness in Jesus? If yes, when?
7. How does struggling with the idea that you are not worthy affect your relationship with Jesus?

Melissa uses her story to teach people that they are worthy. She wants to help people understand that God never calls us to be perfect, or enough, or to measure up—just faithful. Even if we fail at being faithful, we’re still worthy in God's eyes, and nothing can take that away.

8. What do you think your story can teach people?
9. As a single mom, what is one thing you can do to teach your children that they are worthy?

Mel said, “I don’t know what makes you feel worthy, but what I do know is if that thing is not the ever-constant Jesus, it will fail you.”

Let’s explore Mark 5:21-24 with that in mind.

Read Mark 5:21-24.

Mark 5:21-24 ESV

21 And when Jesus had crossed again in the boat to the other side, a great crowd gathered about him, and he was beside the sea. 22 Then came one of the rulers of the synagogue, Jairus by name, and seeing him, he fell at his feet 23 and implored him earnestly, saying, "My little daughter is at the point of death. Come and lay your hands on her, so that she may be made well and live." 24 And he went with him.

At the beginning of this story we find an important synagogue leader named Jairus who is very concerned about his sick daughter. We see him falling to his feet and begging Jesus to heal his daughter.

10. If you were face to face with Jesus today, what would you ask him to do on behalf of your children?

Read Mark 5:24-26.

Mark 5:24-26 ESV

24 And he went with him. And a great crowd followed him and thronged about him. 25 And there was a woman who had had a discharge of blood for twelve years, 26 and who had suffered much under many physicians, and had spent all that she had, and was no better but rather grew worse.

During this time a woman with her ailment was not allowed in public. She was shunned to a life of loneliness and pain. She was left alone by the very crowd she was pushing her way through. No doubt the people she pushed aside believed her to be unworthy. But she believed that risking everything, pushing through, reaching out, and just touching Jesus' clothes would be enough to heal her. And she was right.

11. If you were this woman in the story, what would you be feeling at this moment?

Read Mark 5:27-34.

Mark 5:27-34 ESV

27 She had heard the reports about Jesus and came up behind him in the crowd and touched his garment. 28 For she said, "If I touch even his garments, I will be made well." 29 And immediately the flow of blood dried up, and she felt in her body that she was healed of her disease. 30 And Jesus, perceiving in himself that power had gone out from him, immediately turned about in the crowd and said, "Who touched my garments?" 31 And his disciples said to him, "You see the crowd pressing around you, and yet you say, 'Who touched me?'" 32 And he looked around to see who had done it. 33 But the woman, knowing what had happened to her, came in fear and trembling and fell down before him and told him the whole truth. 34 And he said to her, "Daughter, your faith has made you well; go in peace, and be healed of your disease."

12. How are you encouraged by this part of the story?

13. Have you ever experienced a time in your life where you felt unworthy to approach Jesus?

Read Mark 5:35-43.

Mark 5:35-43 ESV

35 While he was still speaking, there came from the ruler's house some who said, "Your daughter is dead. Why trouble the Teacher any further?" 36 But overhearing[e] what they said, Jesus said to the ruler of the synagogue, "Do not fear, only believe." 37 And he allowed no one to follow him except Peter and James and John the brother of James. 38 They came to the house of the ruler of the synagogue, and Jesus[f] saw a commotion, people weeping and wailing loudly. 39 And when he had entered, he said to them, "Why are you making a commotion and weeping? The child is not dead but sleeping." 40 And they laughed at him. But he put them all outside and took the child's father and mother and those who were with him and went in where the child was. 41 Taking her by the hand he said to her, "Talitha cumi," which means, "Little girl, I say to you, arise." 42 And immediately the girl got up and began walking (for she was twelve years of age), and they were immediately overcome with amazement. 43 And he strictly charged them that no one should know this, and told them to give her something to eat.

This story ends with a thankful Jairus who has a healed daughter and a woman whose health and life are restored. Jesus healed both the important man's daughter and the forgotten woman. In essence, Jesus was saying they both were worthy. Whether you are an important synagogue leader or an unnamed forgotten woman you are worthy.

14. How can you encourage other single moms to believe they are worthy?

15. Is there something in your life you feel like you need to let go of? Something that makes you feel unworthy?

Read Ephesians 2:19-20 out loud.

Ephesians 2:19-20 ESV

19 So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, 20 built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone,

This is our story. This is your story. You are worthy. You are worthy because of what Jesus did on the cross. You are worthy because God made you in his image. You are worthy and your story can paint a picture that proves that God makes us all worthy.

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Hi friends, I'm Mel Hiett. I like to believe that my nine years of being a single mom to two rowdy boys helped prepare me for Arise Ministries. Just in case raising those two wild boys wasn't enough training, God allowed me to work with teenagers in the local church for sixteen years. If nothing else, I have a handful of wild stories and God moments to share with all of you. My husband, Trae, and I decided to make life more interesting in 2017 when we got married. Together we have five children, two dogs, and some chickens. We have a family group text affectionately named "The Zoo." Please feel free to follow my adventures on Facebook or Instagram @themelymel.