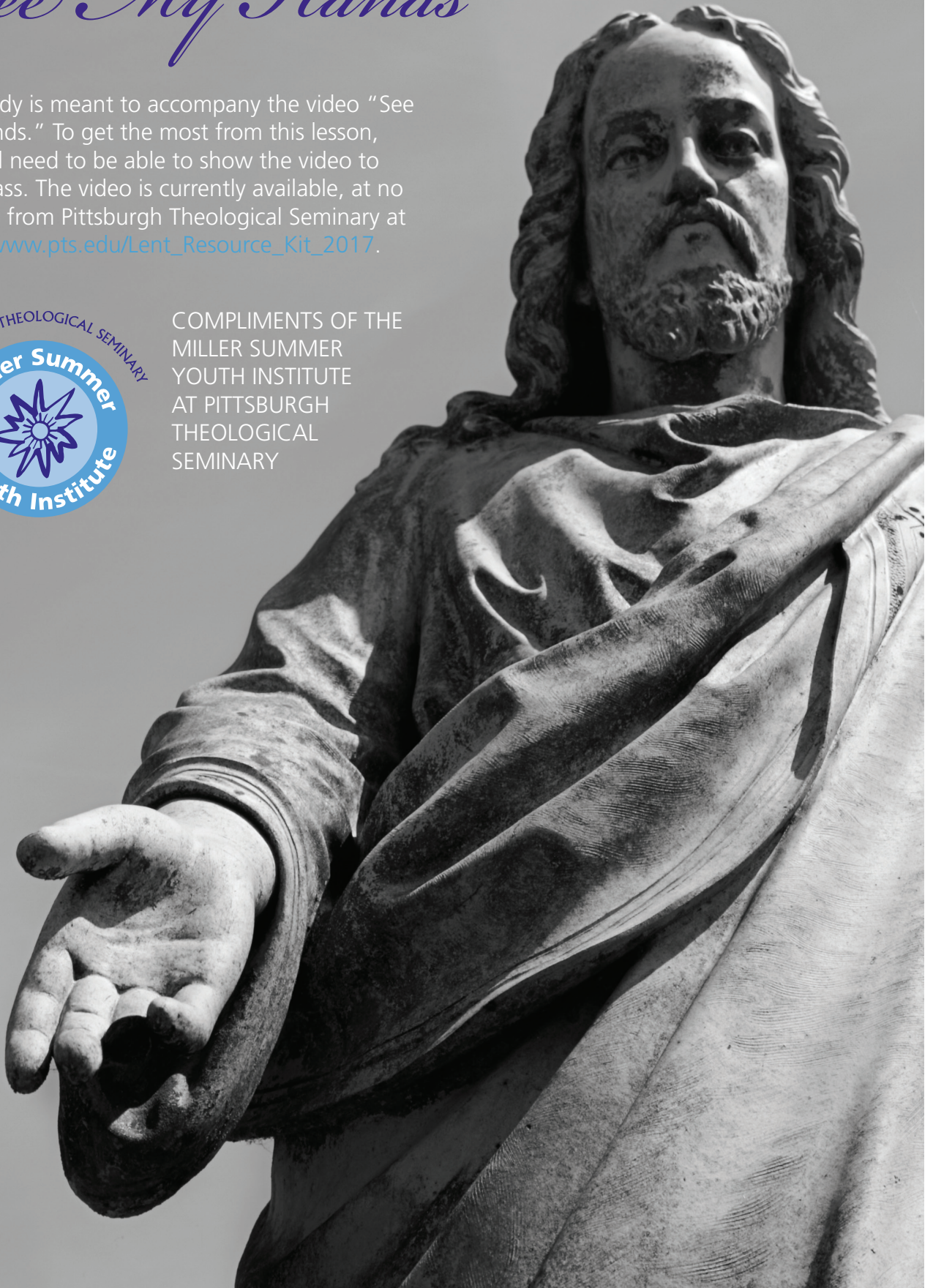


See My Hands

The study is meant to accompany the video "See My Hands." To get the most from this lesson, you will need to be able to show the video to your class. The video is currently available, at no charge, from Pittsburgh Theological Seminary at http://www.pts.edu/Lent_Resource_Kit_2017.



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SEE MY HANDS

TEACHER'S BACKGROUND

The study is meant to accompany the video "See My Hands." To get the most from this lesson, you will need to be able to show the video to your class. The video is currently available, at no charge, from Pittsburgh Theological Seminary at http://www.pts.edu/Lenten_Resource_Kit_2016.

This study will examine five stories from the Gospels that refer to the hands of Jesus. The video, which runs about 2.5 minutes, quotes from each of the stories but does not examine any of them in depth. This study is designed to provide that depth by providing additional context for those passages which include, Mark 1:40-45, Matthew 14:22-33, Luke 13:10-13, Mark 8:22-30, and John 20:24-29.

You may use this lesson however you see fit, but the following structures are recommended based on the size of your group. The suggested time lengths are simply for guidance. If you have less time to work with or a more talkative group, adjust accordingly.

Read the handouts below before the lesson, and consider the discussion questions for yourself. One insight that may be of interest is that in each story, an encounter with the hands of Christ leads to some sort of worship or proclamation of faith.

For groups larger than 10-12:

1. Watch the video and ask discussion questions for quiet reflection. (Give about 10-15 seconds to process each question.) (5 minutes)
2. Break into five groups and distribute one passage to each group. Ask groups to answer the discussion questions. (5-10 minutes)
3. Come back as a larger group, and ask each group to summarize their passage and their answers. (3-5 minutes per group for a total of about 20 minutes)
4. Watch the video again. (3 minutes)
5. Have a discussion about the video, either in a large group or smaller groups. (5 minutes)
6. Close in prayer (Total lesson time around 45 minutes)

For groups smaller than 10:

1. Watch the video and ask discussion questions for quiet reflection. (5 minutes)
2. Read each passage and answer discussion questions as one group. (3-5 minutes per passage for a total of 20-25 minutes)
3. Watch the video again. (3 minutes)
4. Have a discussion about the video in the context of the individual passages. (5 minutes)
5. Close in prayer. (Total lesson time around 40 minutes)

LESSON PLAN

INTRODUCTION

Today we will be watching a video that references five passages from the Gospels. Each of the passages makes a specific reference to the hands of Jesus. We will watch the video, and then examine each of the passages in depth. Once we've read each of the stories, we'll look at the video again and consider it in context.

Watch the video.

Silently or with one partner, answer these questions about the video. I'll give you a few seconds to consider each:

- How many of those stories are familiar to you?
- What do you think went through Thomas' mind when Jesus said "see my hands"?
- What did the video make you think about?

Study the passages.

Either break the class into small groups or read the passages together. Optional handouts with discussion questions are attached, or you can facilitate a large group discussion with the questions.

Return to the video.

Let's watch the video again. This time, consider the context provided by the stories we just read.

Watch the video.

Let's consider these questions:

- Now that we've read the passages, does your perception of the video change? Why or why not?
- Which story can you connect with the most? Why?
- What might Thomas have been thinking when Jesus said "see my hands"?
- How does the style of the video fit the message? How does it distract?

CONCLUSION AND PRAYER

These five gospel stories each tell us something about how Jesus uses his hands. Though people respond in different ways, in each case they are blessed by an encounter with Christ.

TO DO THIS WEEK

Think about how you can use your hands to bless others. Do one thing, or for bonus points, one thing each day that blesses someone else with your hands.

SEE MY HANDS HANDOUT

PASSAGE 1 Mark 1:40-45

40 A leper came to him begging him, and kneeling he said to him, 'If you choose, you can make me clean.' 41 Moved with pity, Jesus stretched out his hand and touched him, and said to him, 'I do choose. Be made clean!' 42 Immediately the leprosy left him, and he was made clean. 43 After sternly warning him he sent him away at once, 44 saying to him, 'See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them.' 45 But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

Discussion Questions

- Who are the characters in this passage?
- What does Jesus do with his hands?
- What do people do in response?
- What might it mean in your life to be cleansed by Jesus?
- What feelings does this story evoke for you?

PASSAGE 2 MATTHEW 14:22-33

22 Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. 23 And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, 24 but by this time the boat, battered by the waves, was far from the land, for the wind was against them. 25 And early in the morning he came walking towards them on the lake. 26 But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. 27 But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

28 Peter answered him, 'Lord, if it is you, command me to come to you on the water.' 29 He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. 30 But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' 31 Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' 32 When they got into the boat, the wind ceased. 33 And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Discussion Questions

- Who are the characters in this passage?
- What does Jesus do with his hands?
- What do people do in response?
- What might it mean in your life to be caught by Jesus?
- What feelings does this story evoke for you?

PASSAGE 3 Luke 13:10-13

10 Now he was teaching in one of the synagogues on the sabbath. 11 And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. 12 When Jesus saw her, he called her over and said, 'Woman, you are set free from your ailment.' 13 When he laid his hands on her, immediately she stood up straight and began praising God. 14 But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' 15 But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? 16 And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?' 17 When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Discussion Questions

- Who are the characters in this passage?
- What does Jesus do with his hands?
- What do people do in response?
- What might it mean in your life to be set free by Jesus?
- What feelings does this story evoke for you?

- continued on reverse -

PASSAGE 4 Mark 8:22-30

22 They came to Bethsaida. Some people brought a blind man to him and begged him to touch him. 23 He took the blind man by the hand and led him out of the village; and when he had put saliva on his eyes and laid his hands on him, he asked him, 'Can you see anything?' 24 And the man looked up and said, 'I can see people, but they look like trees, walking.' 25 Then Jesus laid his hands on his eyes again; and he looked intently and his sight was restored, and he saw everything clearly. 26 Then he sent him away to his home, saying, 'Do not even go into the village.'

27 Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, 'Who do people say that I am?' 28 And they answered him, 'John the Baptist; and others, Elijah; and still others, one of the prophets.' 29 He asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' 30 And he sternly ordered them not to tell anyone about him.

Discussion Questions:

- Who are the characters in this passage?
- What does Jesus do with his hands?
- What do people do in response?
- What might it mean in your life to be restored by Jesus?
- What feelings does this story evoke for you?

PASSAGE 5 JOHN 20:24-29

24 But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. 25 So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.'

26 A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you.' 27 Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' 28 Thomas answered him, 'My Lord and my God!' 29 Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.'

Discussion Questions:

- Who are the characters in this passage?
- What does Jesus do with his hands?
- What do people do in response?
- What might it mean in your life to be blessed by Jesus?
- What feelings does this story evoke for you?

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Additionally, we encourage you to visit The Clifford E. Barbour Library, invite a faculty member or program director to your church or conference to preach and teach, and see our YouTube channel for video of recent events.

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