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Steps for Being Unbound
Mark 5: 25-34
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The familiarity of the text for today does not stop us from gleaning new meanings and new insights about the woman who had an issue of blood. The fact of the matter is that she was bound and unable to go beyond her circumstances.

The woman in the text is bound, because she is afflicted with an issue of blood causing others to see her as a liability. She cannot enter the place of worship and is considered ceremonially unclean. She was kept from being all that God wanted her to be. Many of us are bound up in our lives as well: fear, regret, remorse, not able to reach our highest possibility, low expectation, and we can't expect change and believe that change is possible. Sometimes it's impossible to move forward because of the fear of what might be. We are bound by our future because we are uncertain about what the future holds. Some of us are living bound even though the restraints have been taken away.

As we take a closer look at the text, we find that the woman is freed from the issue that bound her because she pressed her way to be in the presence of Jesus. We too, can be freed from the things that bind us:

1. We must have a sense of recognition

The woman tried everything and saw everybody and nothing worked; then she heard about Jesus. After she lost everything she had, she finally gets in the presence of Jesus, and if she was going to be freed from her bondage, it was only going to happen through the power of Jesus Christ.

No persons can release us from our problems in life other than Jesus Christ. The Good News is that the Lord does not give up on us; he waits patiently on us to call upon his name. If nothing and no one else can free you, know that you have a Savior who can and will. If you are bound on today, please know that the Lord can free you. If you really want to be free, you've got to have a relationship with Jesus.

1. We must develop a relationship with Jesus

The definition of a relationship is closing the distance between people. The woman in the text was living at the boundary, on the margin, or the fringe, but if she was to be unbound, she had to close the distance between herself and Jesus. Real relationship is getting up close and personal with Jesus and letting him know what's going on in your life. You might as well tell the Lord what's on your heart because He already knows.

1. We must be willing to take a risk

Her illness caused others to look down on her. Taking a risk was a dangerous thing; she either had to stay bound or risk getting closer to Jesus. There was a risk of being

turned away, held back, detained or denied access to the very thing that could have helped her condition and healed her body.

1. We must be willing to receive from the Lord

Even though we know the Lord can unbind us, we must prepare ourselves to know and believe that the Lord can really do it. Jesus heals the woman and speaks to her faith and then he speaks to her spirit and says go in peace. Her faith prepared her to be healed but the Lord's word declared it so. The Lord had the power to bless and heal the woman but she had to have enough faith to receive her blessing and healing. You must be willing to hear and heed the voice of the Lord if you want to be unbound.