

# Participant Journal Guide: Only Jesus

**Text:** Gospel of Luke 5:17–26

## Prepare Your Heart

Take a moment to slow down and ask God to speak to you.

**Prayer:**

“Jesus, show me what only You can do in my life—and give me faith to trust You.”

## Read the Passage

Read Luke 5:17–26 slowly.

**Write down one thing that stands out:**

## No One Forgives Like Jesus (vv. 17–21)

Jesus forgave the man’s sins before healing his body.

**Reflect:**

- What does this reveal about what I need most?
- Where do I tend to go to deal with guilt or shame?

**Write:**

**Truth to Remember:**

Forgiveness is not a feeling, fairness, forgetting, or reconciliation. Only Jesus has the authority to forgive sin.

**Personal Response:**

Is there anything I need to bring to Jesus for forgiveness today?

## No One Heals Like Jesus (vv. 22–25)

Jesus shows He has authority not only to forgive—but to heal.

### Reflect:

- Where in my life do I need healing (spiritually, emotionally, physically)?
- Have I been looking anywhere other than Jesus for that healing?

### Write:

### Truth to Remember:

Only Jesus can bring complete healing.

## Faith That Moves (vv. 18–20)

The friends didn't just believe Jesus *could* help—they acted on it.

### Reflect:

- Where am I stuck in “I know Jesus *can*” but not acting?
- What step of faith is God prompting me to take?

### Write:

### Truth to Remember:

Faith moves from “I know He can” to “I knew He would.”

## Life Changed by Jesus (vv. 25–26)

The man left healed, forgiven, and with a story to tell.

### Reflect:

- How has Jesus already changed my life?
- Where do I still need Him to work?

**Write:**

## **My Next Steps**

### **1. Pray**

What is one specific need I will bring to Jesus this week?

### **2. Invite**

Who is one person I can bring to Jesus (invite to church or share with)?

## **Gospel Reflection**

Jesus didn't just heal physically—He came to forgive sins through His death and resurrection.

**Respond:**

- Have I personally trusted Jesus for forgiveness?
- If not, what is holding me back?

## **Closing Prayer**

Write your own prayer to Jesus: