



CEDAR VALLEY

STUDY TOOLS

Sunday, March 8, 2026

Teaching Title: Authority that Changes Everything

Key Scripture: Mark 1:21–45

5-DAY READING PLAN WITH QUESTIONS:

Monday: Mark 3:1–19

Tuesday: Mark 3:20–35

Wednesday: Mark 4:1–20

Thursday: Mark 4:21–34

Friday: Mark 4:35–41

1. What does this passage tell you about God?
2. What does this passage tell you about people?
3. If this is God's Word (The Bible), what do I need to do?
4. What's your takeaway?
5. Who would you tell?

MEMORY VERSE:

Matthew 28:18 NLT

Jesus came and told His disciples, "I have been given all authority in heaven and on earth.

LIFE GROUP DISCUSSION:

Introduction:

This week, we continue in Mark 1 after Jesus calls His first disciples. He goes to Capernaum and begins to teach, but He is not one of the recognized teachers they are used to. He teaches on His own *authority* about the kingdom of God. The other teachers, such as the priests and scribes, did not teach with the same authority Jesus did. Through the many miracles we see in this chapter, Jesus demonstrates real authority over spiritual forces, sickness, and human brokenness. Jesus speaks as the source of truth, and even demons obey His commands. Yet His authority is not harsh or self-serving like that of many other leaders. Jesus' authority brings life, compassion, and dignity. His authority can be trusted. Oppressive authority tries to control us, but Jesus' authority can be trusted, so we must submit to it. Ultimate authority deserves total surrender.

Questions:

Ice Breaker: When you were growing up, what was a rule your parents had that you didn't understand at the time but appreciate now?

1. Read Mark 1:21–45 together as a group. What is the most remarkable thing you learned about Jesus in this passage?
2. What was so astonishing about Jesus' teaching? What were some of the results of Jesus' teaching?
3. In Mark 1:29–31, Jesus heals Simon's mother-in-law. What stands out to you about how Jesus interacts with her and what happens immediately after she is healed?
4. In Mark 1:35–39, what were some of Jesus' personal habits and goals?
5. In Mark 1:40–45, the man with leprosy asks Jesus to cleanse him (notice the emotions in this passage!). Why

is it meaningful that Jesus touches the man before healing him? (See Digging Deeper)

6. Many people struggle with trusting authority because of past experiences. What can these stories teach us about why Jesus' authority is trustworthy?
7. If Jesus truly has authority over every part of life, what might it look like for you personally to submit to His authority this week?

NOTES

Authority: The Greek word is *exousia* (ex-oo-SEE-ah)

- Authority, jurisdiction, power, strength, domain, charge, and control
- Same word used in Matthew 10:1 - Jesus called His twelve disciples together and gave them authority to cast out evil spirits and to heal every kind of disease and illness.

DIGGING DEEPER

Question 5: There are a number of questions that may come to mind with the story of the leper in Mark 1:40-45:

1. What is leprosy?
2. Why does the leper asked to be cleansed instead of healed?
3. Why does Jesus tell him not to tell anyone? Isn't it our natural inclination to tell someone something like this?

Here are some thoughts below from some New Testament scholars and the NET Bible Study Notes:

1. What is leprosy?

"Mark 1:40 - The ancient term for leprosy covers a wider array of conditions than what is called leprosy today (Hansen's disease). In the OT the Hebrew term generally referred to a number of exfoliative (scaly) skin diseases (when applied to humans). A person with one of these diseases was totally ostracized from society until he was declared cured ([Lev 13:45-46](#)). In the NT the Greek term also refers to a number of skin diseases, but there is some evidence that true leprosy (Hansen's disease) could be referred to, since that disease began to be described by Greek physicians in Alexandria, Egypt around 300 B.C. and thus might have been present in Judea and Galilee just before the time of Jesus."

The NET Bible Study Note: <https://www.biblegateway.com/passage/?search=Mark%201&version=NET>

2. Why does the leper asked to be cleansed instead of healed?

"The request of the leper is that Jesus "make me clean". This verb is used in Lev 14:2, 4, not for the healing of a skin disorder but for the process by which the person is declared ritually "clean" or "pure" and thus reintegrated into society. Here, however, it is clear that the verb is used for the process of physical healing; v. 42 equates the man's "being made clean" with "the leprosy leaving him." After Jesus has healed the man, He instructs him to go to the priest to initiate the process described in Lev 14:1-32."

-Collins, Adela Yarbro and Harold W. Attridge. *Mark, A Commentary*. Augsburg Fortress Publishers, 2007

3. Why does Jesus tell him not to tell anyone? Isn't it our natural inclination to tell someone something like this?

"Mark 1:44 - The silence ordered by Jesus was probably meant to last only until the cleansing took place with the priests and sought to prevent Jesus' healings from becoming the central focus of the people's reaction to Him. See also [1:34](#); [3:12](#); [5:43](#); [7:36](#); [8:26](#), [30](#); [9:9](#) for other cases where Jesus asks for silence concerning Him and His ministry."

The NET Bible Study Note: <https://www.biblegateway.com/passage/?search=Mark%201&version=NET>