

**Catechism Lesson for Adults and Teens**  
**Sunday of St. Gregory Palamas**

**Jesus Heals a Paralytic**

Read the Gospel Passage for this Sunday  
Mark 2:1-12

Discussion Questions:

1. In a crisis, even at 3 a.m., which four friends would you call?
2. If you were one of the paralytic's four friends and saw the crowd where Jesus was, what would you do?
  - a. Suggest to come back later
  - b. Politely wait in line
  - c. Make a hole in the roof
  - d. Go along with the hole in the roof, but make clear it wasn't my idea
  
3. How would you feel if you were the paralytic when your friends decided to help you "drop in on Jesus"?
  - a. Reluctant—you're going embarrass me!
  - b. Scared—you're going to drop me!
  - c. Grateful—thanks for carrying me!
  - d. Apprehensive—they are going to throw us out!
  - e. Mixed—I don't think this is going to work, but I trust you guys
  
4. How could you change to receive more support from friends?
  - a. Stop trying to be so self-sufficient
  - b. Learn to take the risk of asking for help
  - c. Be more supportive of others
  - d. Watching for habits that push others away
  - e. Recruit some new friends
  - f. I'm doing fine as is
  
5. What sin do you think...
  - a. Keeps society "paralyzed"
  - b. Keeps someone you love "paralyzed"

c. Keeps you most “paralyzed”

6. We read how Jesus saw the paralytic’s friends’ faith and was amazed by them. How does our faith and Christian life affect those around us?
  
7. What do you think it takes to be a true friend? Conclude by having each person listen silently while others share what qualities that person has that make him or her a good friend.