



Sermon Discussion Guide

Joy of Deliverance

Series: Joy with Jesus

Main Text: Luke 13:10–17

Introduction

This guide can be used on your own or with a small group to reflect on the weekend message and apply it to your life. Choose the questions that work best for your group—there’s no need to go through them all. To learn more, visit silverdalebc.com/smallgroups.

Icebreaker Options

What's a small joy from this past week that you're grateful for?

Leader’s Note

In Luke 13, Jesus encounters two people who are bent out of shape in very different ways—one physically and one spiritually. Through this story, Jesus reveals His power to deliver people from suffering, bondage, shame, and legalism. Jesus still brings freedom today, and wherever Jesus brings deliverance, joy follows.

Main Points

1. Delivered from Oppressive Suffering

Key Scripture: Luke 13:10–13

Discuss

- Why do you think it matters that Jesus *noticed* her? Why do we often overlook people in our own lives?
- Who are the people in your life that might be overlooked? How can you begin to move towards them in care and compassion like Jesus did?
- How can we begin to notice/see people like Jesus does? What might this look like in your life?

Leader's Note

Jesus powerfully demonstrated His authority over Satan and the demonic oppression the woman had suffered from for eighteen years. Jesus saw her, summoned her, and freed her. Jesus can overcome physical and spiritual strongholds in our lives and free us today as well.

2. Being Touched by Jesus Changes You

Key Scripture: Luke 13:12–13

Discuss

- The sermon described several steps Jesus took: He saw her, summoned her, spoke to her, and straightened her. How have you seen this in your own story?
- How does Jesus speak truth into areas where we often believe lies about ourselves? What's one example from your own life?

Leader's Note

Jesus did more than heal the woman's body—He restored her dignity and freedom. Jesus still lifts people up through His truth, His presence, and His grace. When Jesus touches a life, worship and joy naturally follow.

3. Delivered from Religious Rules

Key Scripture: Luke 13:14–16

Discuss

- Why was the synagogue leader upset instead of joyful after witnessing a miracle?
- How can legalism steal joy and compassion from our walk with Christ?
- What are some ways that you have drifted towards legalism in your faith? How has this affected the way you interact with other believers or non-believers?

Leader's Note

The religious leader cared more about preserving rules than celebrating restoration. Legalism often focuses on outward performance while missing the heart of God. Jesus came not to burden people with manmade expectations, but to bring freedom, grace, and life.

4. Jesus Brings Freedom and Joy

Key Scripture: John 8:32; Luke 13:17

Discuss

- What are some practical ways true spiritual freedom shows up in your everyday life?
- What are some burdens, struggles, or lies that can have you feeling “bent over” spiritually or emotionally today?
- When have you experienced both freedom and joy as a result of trusting Jesus?

Leader's Note

Jesus does not simply improve people—He delivers them. Freedom in Christ produces joy, gratitude, worship, and transformation. The crowd rejoiced because they witnessed the goodness of God at work. Followers of Jesus should be people marked by that same joy and celebration.

Closing Prayer

Spend time thanking Jesus for His power to heal, restore, and set people free. Pray for any burdens, hurts, fears, or struggles shared in the group. Ask God to help you walk in the freedom and joy that come from trusting and following Christ.