

Lesson 8 , April 19, 2026, A Sound Mind, Luke 8:26-39

Bible Truth: Jesus healed a man who was demon possessed and told him to share his healing experience with others.

Memory Verse: *“Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid” (Luke 8:35)*

Lesson Aim:

Key Take Aways:

✦ Jesus has **absolute authority over evil**.

- He brings **freedom and restoration** to broken lives.
- Encountering Him leads to **purpose and peace**.
- No situation is beyond His power.

Names that matter

- **Jesus:**
- **The Gerasene Man:** Who went from a chained outcast to the first missionary in this region.
- **Location:** Ge-ra-senes on the outside of the Sea of Galilee

Background

- Verses 22–25 – Jesus Calms the Storm Crossing the lake,
- Jesus sleeps as a violent storm threatens the boat.
- The disciples panic.
- Jesus rebukes the wind and waves; calm returns.
- They marvel, “Who is this?”
- He commands even the winds and the water, and they obey Him.”

The Lesson : Luke 8:26-39

26And they arrived at the country of the Gadarenes, which is over against Galilee.

27And when he went forth to land, there met him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in *any* house, but in the tombs.

28When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, What have I to do with thee, Jesus, *thou* Son of God most high? I beseech thee, torment me not.

29(For he had commanded the unclean spirit to come out of the man. For oftentimes it had caught him: and he was kept bound with chains and in fetters; and he brake the bands, and was driven of the devil into the wilderness.)

30And Jesus asked him, saying, What is thy name? And he said, Legion: because many devils were entered into him.

31And they besought him that he would not command them to go out into the deep.

32And there was there an herd of many swine feeding on the mountain: and they besought him that he would suffer them to enter into them. And he suffered them.

33Then went the devils out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked.

34When they that fed *them* saw what was done, they fled, and went and told *it* in the city and in the country.

35Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid.

36They also which saw *it* told them by what means he that was possessed of the devils was healed.

37Then the whole multitude of the country of the Gadarenes round about besought him to depart from them; for they were taken with great fear: and he went up into the ship, and returned back again.

38Now the man out of whom the devils were departed besought him that he might be with him: but Jesus sent him away, saying,

39Return to thine own house, and shew how great things God hath done unto thee. And he went his way, and published throughout the whole city how great things Jesus had done unto him.

I The Encounter (vs26-31)

What's Happening Here?

1. Setting the Scene (vv. 26–27)

Jesus and His disciples arrive in the region of the **Ga-da-renes**, a Gentile territory. As soon as Jesus steps out of the boat, a man possessed by many demons meets Him.

What we learn about the man:

- He lived among the tombs
- He wore no clothes
- He was uncontrollable
- He was isolated from society
- He was tormented

This is a picture of **total bondage** — mentally, spiritually, socially, and physically.

Teaching point:

Sin and spiritual oppression always isolate, degrade, and destroy. But Jesus steps *toward* the broken, not away from them.

2. The Confrontation (vv. 28–30)

The demons recognize Jesus immediately.

They cry out:

- “What have I to do with You, Jesus, Son of the Most High God?”
- “Why are You interfering with us?”
- “Why are You here to confront us?”
- “We want nothing to do with You.”
- They know Jesus has come to **end their control** over the man.
- “Do not torment me!”

Even the demons know:

- who Jesus is

- His authority
- their defeat

Jesus asks the demon's name.

It replies: "**Legion**" — meaning many.

Teaching point:

No matter how strong the bondage, Jesus' authority is greater.

II The Deliverance

3. The Demons Beg Jesus (vv. 31–33)

The demons beg Jesus not to send them into the abyss.

Instead, they ask to enter a herd of pigs.

Jesus permits it.

The demons enter the pigs, and the entire herd rushes down a steep hill into the lake and drowns.

Why this matters:

- It shows the destructive nature of demons
- It proves the man was truly delivered
- It reveals Jesus' power to command the unseen realm

Teaching point:

Jesus doesn't negotiate with darkness — He removes it.

III The Proclamation

4. The Transformation (v. 35)

The people come out to see what happened.

They find the man:

- **Sitting** (no longer restless)
- **Clothed** (restored dignity)

- **In his right mind** (healed and whole)
- **Sitting at Jesus' feet** (a disciple's posture)

This is a beautiful picture of an before-and-after encounter with Jesus.

Teaching point:

When Jesus restores someone, He restores *every part* of them.

 **5. The People's Reaction (vv. 35–37)**

Instead of celebrating, the people are **afraid**.

The people were afraid because Jesus' power disrupted their comfort, confronted their values, and revealed a level of authority they couldn't control or explain.

Why?

- They valued their pigs more than the man
- They feared Jesus' power
- They preferred the familiar brokenness over unfamiliar freedom

They ask Jesus to leave.

Teaching point:

Some people fear the cost of transformation more than the pain of bondage.

 **6. The Man's Mission (v. 38–39)**

The healed man begs to go with Jesus.

But Jesus gives him a mission:

“Return to your own house, and tell what great things God has done for you.”

He becomes the **first missionary** to the Gentile region.

Teaching point:

Your testimony is powerful — especially in the place where people knew your past.

Discussion Questions

1. Why do you think Jesus went to a Gentile region just to meet this one man?
 2. What does this story teach us about Jesus' authority over spiritual darkness?
 3. Why were the townspeople afraid instead of joyful?
 4. How does Jesus restore the man physically, mentally, and spiritually?
 5. What does this passage teach us about sharing our testimony?
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Visual Metaphor for Teaching

“From Tombs to Testimony”

Picture a man living among tombs — a symbol of death — becoming a living testimony of God's power.

This is the journey from:

- **Chaos → Calm**
 - **Nakedness → Clothed**
 - **Isolation → Community**
 - **Bondage → Freedom**
 - **Darkness → Light**
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Key Takeaway for Students

Jesus has the power to break every chain — no matter how long it's been there, how strong it seems, or how hopeless it looks.