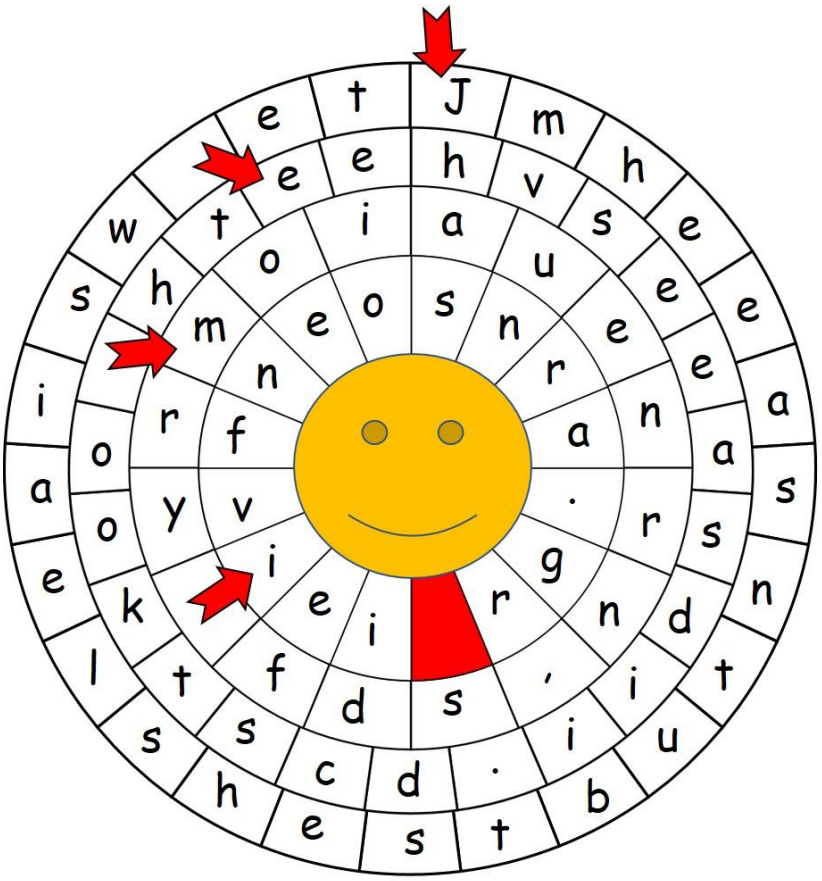
Jesus heals a paralyzed man

Start at the J and find the next letter by moving 3 segments clockwise. Count a segment containing an arrow as normal, but if you land on the arrow move to the next segment pointed at by the arrow. So if you land on the bottom arrow move to the letter [i]. Put the letters into the grid below.