

Message Summary ...

Jesus asks if we want to be healed, challenging us to rise from our mats of victimhood and embrace the responsibility of healing. Through His power, we can overcome past hurts and live fruitful lives for His glory and future generations.

Key Scriptures ...

⁵After this there was a feast of the Jews, and Jesus went up to Jerusalem.

²Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. ³In these lay a multitude of invalids—blind, lame, and paralyzed. ⁵One man was there who had been an invalid for thirty-eight years. ⁶When Jesus saw him lying there and knew that he had already been there a long time, he said to him, *“Do you want to be healed?”* ⁷The sick man answered him, *“Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.”* ⁸Jesus said to him, *“Get up, take up your bed, and walk.”* ⁹And at once the man was healed, and he took up his bed and walked.

Now that day was the Sabbath. ¹⁰So the Jews said to the man who had been healed, *“It is the Sabbath, and it is not lawful for you to take up your bed.”* ¹¹But he answered them, *“The man who healed me, that man said to me, ‘Take up your bed, and walk.’”* ¹²They asked him, *“Who is the man who said to you, ‘Take up your bed and walk?’”* ¹³Now the man who had been healed did not know who it was, for Jesus had withdrawn, as there was a crowd in the place. ¹⁴Afterward Jesus found him in the temple and said to him, *“See, you are well! Sin no more, that nothing worse may happen to you.”* ¹⁵The man went away and told the Jews that it was Jesus who had healed him. ¹⁶And this was why the Jews were persecuting Jesus, because he was doing these things on the Sabbath. ¹⁷But Jesus answered them, *“My Father is working until now, and I am working.”*

John 5:1-17 (ESV)

Start Talking ...

Find a conversation starter for your group.

- What’s the most unexpected way you’ve seen help show up in your life?
- Watch this week’s Sermon Refresh: [Here](#) (Available Mondays)

Start Thinking ...

Ask a question to get your group thinking.

- Please read the Key Scriptures on the left.
- Why do you think Jesus asked the man if he wants to be healed and what does it teach us about taking responsibility for our own healing?

Start Sharing ...

Choose a question(s) to create openness.

- Can you share a time when you felt stuck in a situation but found the strength to move forward? What helped you take that first step?
- How can we support each other in our group to get off our 'mats' and pursue healing and growth?
- What is one specific step you can take this week to move away from a past issue and towards the future God has for you?

Start Praying ...

Heavenly Father, we thank You for Your healing power and the strength to rise from our mats. Guide us to embrace responsibility and walk in the freedom You offer. Help us support one another in this journey, trusting in Your love and grace. In Jesus' name, Amen.

Start Doing ...

This week, pay attention to one area of your life where you’ve been stuck or discouraged. Ask Jesus, like the man at the pool, “Do I want to be healed?” Then take one step of obedience, even if it feels small, trusting that Jesus meets us when we move. Be prepared to share your experience with the group next time.