



1. Do you want to get well?

📖 When Jesus saw him lying there and learned he had been in this condition for a long time, he asked him, “Do you want to get well?” (John 5:6)

- After 38 years of struggle, Jesus asks the man a question with a seemingly obvious answer—but it’s not. Jesus is inviting the man to examine his willingness to change. Sometimes we can remain comfortable in familiar struggles and situations, even when we long for help and healing. Jesus’s question moves us from a passive need to an active desire.
- **Follow-up:** Where in your life might you have become comfortable and used to being “stuck”? What fears (change, vulnerability, disappointment, responsibility) could be keeping you from fully wanting healing?

2. Have you confused waiting with settling?

📖 One who was there had been invalid for thirty-eight years (John 5:5).

- Thirty-eight years is a long time to live with disappointment. Over time, waiting can quietly turn into settling—or even accepting something as permanent that God may want to change.
- **Follow-up:** Where might you have quietly accepted something as permanent that God may want to change? How do you discern between faithful patience and fearful resignation?

3. What are you carrying, and why?

📖 Get up! Pick up your mat and walk (John 5:8).

- Jesus tells the man to carry the very mat that once carried him. What once was a symbol of limitation became evidence of healing. Our past struggles and situations don’t disappear; they can become powerful testimonies.
- **Follow-up:** What “mat” has God brought you through in the past? How might sharing what God has done in your life bring hope to others?