



## 1. Who told you to pick up your mat and walk?

John 5:1-15

<sup>1</sup> Some time later, Jesus went up to Jerusalem for a feast of the Jews. <sup>2</sup> Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. <sup>5</sup> One who was there had been an invalid for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?"

<sup>7</sup> "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

<sup>8</sup> Then Jesus said to him, "Get up! Pick up your mat and walk." <sup>9</sup> At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, <sup>10</sup> and so the Jews said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat." <sup>11</sup> But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'"

<sup>12</sup> So they asked him, "Who is this fellow who told you to pick it up and walk?" <sup>13</sup> The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

<sup>14</sup> Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you."

<sup>15</sup> The man went away and told the Jews that it was Jesus who had made him well.

### Hurt

#### ▼ Jesus was present

John 5:1 Some time later, Jesus went up to Jerusalem for a feast of the Jews. <sup>2</sup> Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed.

#### ▼ Jesus was probing

John 5:5 One who was there had been an invalid for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and learned that he had been in this condition for a long time,

### Healing

#### ▼ Jesus confronted him

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

#### ▼ Jesus considered his complaint

John 5:7 "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me."

#### ▼ Jesus commanded him

John 5:8 Then Jesus said to him, "Get up! Pick up your mat and walk."

#### ▼ Jesus cured him

John 5:9 At once the man was cured;

### Hope

#### ▼ New health and fortitude arrived

John 5:9 he picked up his mat

#### ▼ New hope for the future arose

John 5:9 and walked.

### Harassment

#### ▼ His new life was met with spiritual ignorance and insensitivity

John 5:9 The day on which this took place was a Sabbath, <sup>10</sup> and so the Jews said to the man who had been healed, "It is the Sabbath; the law forbids you to carry your mat." <sup>11</sup> But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'"

#### ▼ His new life was met with spiritual interrogation

John 5:12 So they asked him, "Who is this fellow who told you to pick it up and walk?" <sup>13</sup> The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.

### Holding onto health

#### ▼ He was instructed by Jesus

John 5:14 Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you."

#### ▼ He went on his way identifying Jesus

John 5:15 The man went away and told the Jews that it was Jesus who had made him well.

1. No condition is too chronic or crippling when Jesus is involved — He is a miracle-worker and life-changer.
2. Rising from a long-term rut requires cooperation with Jesus — you must be willing to get well and move forward.
3. Religious rituals and recipes are no answers for life-long debilitating conditions — the power of Jesus is the answer.
4. Jesus is the AUTHORIZER of new life, new hope, new direction, and new future — He says: Pick up your mat and walk.
5. When Jesus gives you a new lease on life, treasure it — don't go backward — don't mess up your new life with sin.
6. Live out your new life in Christ in such a way that people will want to know the source of your miracle for themselves.