



*New Strength For
Paralyzed Souls*
October 9th, 2016

TEXT: John 5:1-17

MOVING OFF THE MAT

He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. - Isaiah 40:29-31 NLT

1. I MUST VALIDATE MY WEAKNESS.

In these lay a multitude of invalids-blind, lame, and paralyzed. One man was there who had been an invalid for thirty-eight years. - John 5:3, 5 ESV

*For while we were still weak, at the right time Christ died for the ungodly.
- Romans 5:6 ESV*

Afterward Jesus found him in the Temple and said to him, "See, you are well! Sin no more, that nothing worse may happen to you". - John 5:14 ESV

DEFINING THE NATURE OF OUR WEAKNESS

- ITS PRIMARY SOURCE - James 5:13-16
- ITS PARALYZING FORCE - Romans 5:6; 7:18
- ITS PERSISTENT COURSE
When Jesus saw him lying there and knew that he had already been there a long time... - John 5:6 ESV

2. I MUST ACTIVATE MY WILL.

When Jesus saw him...he said to him, "Do you want to be healed?" - John 5:6 ESV

Everyone who calls on the name of the Lord will be saved. - Romans 10:13 ESV

*The Lord...is not willing that any should perish, but that all should come to repentance.
- 2 Peter 3:9 NKJV*

*[God] desires all people to be saved and to come to the knowledge of the truth.
- 1 Timothy 2:4 ESV*

3. I MUST INITIATE MY WALK.

The 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. Jesus said to him, "Get up, take up your bed, and walk." And at once the man was healed, and he took up his bed and walked. Now that day was the Sabbath. - John 5:7-9 ESV

Now Jesus did many other signs ... but these are written SO THAT YOU MAY BELIEVE THAT JESUS IS THE CHRIST, THE SON OF GOD, AND THAT BY BELIEVING YOU MAY HAVE LIFE IN HIS NAME! - John 20:30-31 ESV

John 5:24, 25, 28; Isaiah 55:11

"For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. - Ephesians 2:8-10 ESV

- BY GRACE - "*Get Up!*"
- THROUGH FAITH - "*Take Up Your Bed!*"
- FOR GOOD WORKS - "*And Walk!*"

WALKING OUT MY FAITH

1. In Newness of Life - *Romans 6:4*
2. By Faith - *2 Corinthians 5:7*
3. In the Spirit - *Galatians 5:16*
4. In Accordance with our Calling - *Ephesians 4:1*
5. In Love - *Ephesians 5:2*
6. With Caution - *Ephesians 5:15*
7. In Christlikeness - *1 John 2:6*

Next Steps

- Memorize **Ephesians 2:8-10.**
- Move off the mat of spiritual paralysis!
- Walk out my faith with more consistency.
- Give my life to Jesus as Savior and Lord, for the first time.

Walk The Walk

A Growth Group Guide

Read John 5:1-18

1. What is it like when you get sick? Are you Mr. or Ms. Grouch? Superman/woman? Whiny? Quiet?
2. Place yourself in this story near the pool and think of visiting a nursing home or hospital. What do you smell, see, hear, experience in that place? What kind of man do you picture when you think of the invalid?
3. Why do you think Jesus asked him the question he did? What do you think the invalid thought Jesus was going to do? Why are questions more powerful than statements for honest replies?
4. What would have been your response after verses 8&9? After verses 10-13? After verse 14? Has Jesus ever challenged you to “Get up! Pick up your mat and walk”? What would he ask you today if he dropped in on you unexpectedly?
5. When you have gone through something that has made you feel like a cripple, what have you found helpful?
6. How can this group help you find the healing you need to move off the mat? To walk out your faith?