

RISE AND WALK | *Sawv thiab Taug Kev. John 5:1–15*

1. JESUS SEES YOU | *Yexus Pom Koj. John 5:5–6*

- Before the man called for Jesus, **Jesus** saw him.
- The man had suffered for **38** years, but his long struggle did not limit the power of Jesus.
- People may have seen another disabled man beside the pool, but **Jesus** saw a person.

Key Truth:

- **Your struggle may be old, but Jesus' power has not grown old.**
- **Remember: **Jesus** sees you.**

2. JESUS ASKS, "Do you want to change?" | *Koj puas xav hloov?*

John 5:6, **Jesus** asked the man: "Do you want to get well?"

- Healing meant that the man's **life** would have to change.
- He could no longer remain beside the pool living the same way.
- Sometimes we want **God** to change our life without changing us. We want relief without transformation.

Key Truth:

- **Jesus** doesn't only want to change our situation; He wants to transform our lives.
- Before we can **rise and walk**, we must be willing to leave behind what has kept us stuck.

3. JESUS CALLS US BEYOND OUR EXCUSES | *Tsis txhob keb v7*

The man told Jesus: "Sir, I have **no** one to help me into the pool..."

Jesus asked about his desire, but the man responded by describing his obstacles. He believed he needed:

- The right **water**,
- The right **timing**,
- The right **person**.

But Jesus needed none of them.

Key Truth :

- **Our limitations do not become Jesus' limitations.**

4. JESUS SAYS, "Rise and Walk" | *Sawv thiab Taug Kev. vv8-9*

Jesus gave the man three commands: "Get up! Pick up your mat and walk."

GET UP – RISE

- **Jesus** called the man out of the position that had defined him for 38 years.
- Faith believes that your past position does not have to become your permanent position.
- **Where you have been does not have to determine where you are **going**.**

PICK UP YOUR MAT – Leave the Old Life | *Tso lub neej qub tseg*

The mat represented the man's former condition.

- Before Jesus healed him, the mat carried the **man**.
- After Jesus healed him, the **man** carried the mat.
- What once controlled him no longer **controlled** him.

Jesus was telling him not to leave his mat beside the pool as though he planned to come back.

WALK – Move Forward | *Taug kev mus tom ntej*

- **Jesus** did not restore the man so he could remain beside the pool.
- **Jesus** restored him so he could move forward.
- John tells us: "At once the man was healed; he picked up his mat and **walked**."

Key Truth:

- **Faith hears the Word of **Jesus** and responds with obedience.**
- Sometimes the breakthrough begins when we stop explaining why we cannot move and start obeying Jesus when He says: "**Rise and Walk!**"

5. LEAVE THE MAT BEHIND | *Tso daim lev tseg*

John 5:10–15

The miracle happened on the Sabbath.

Later, Jesus found the healed man in the temple.

- **Jesus** told him: “See, you are well! Sin **no** more...”
- Jesus cared about more than the man's physical healing.
- **Jesus** wanted a transformed **life**.
- Healing was not the end of the story.
- **Jesus** also called the man to holiness and obedience.

What Is Your “Mat”? | *Koj daim lev yog dabtsi?*

The man's mat was literal, but it can remind us of things that keep us spiritually stuck.

My “mat” might represent:

- an **old** identity | *lub neej qub*
- Bitterness | *kev iab siab*
- Unforgiveness | *kev tsis zam txim*
- Shame | *kev txaj muag*
- **Fear** | *kev ntshai*
- destructive habits | *cov cwjpwmm tsi zoo (ua rau puas tsuaj)*
- Excuses | *kev keb los yog nrhiav kev tawm*
- unhealthy dependencies | *kev txua nrog cov neeg tsis zoo*
- sinful patterns | *zwm nrog lub neej nrog kev txhaum*

Key Truth:

- The mat carried him yesterday.
- Today, the **man** carried the **mat**.

What once controlled him no longer controlled him.

- Jesus did not heal him so he could stay beside the mat.
- **Jesus** healed him so he could walk away from it.

REMEMBER R.I.S.E.

R – RECOGNIZE | *Paub tias Yexus pom koj.*

that Jesus sees you.

- You are not forgotten.
- **Jesus** sees your struggle and knows how long you have been carrying it.

I – IDENTIFY | *Txheeb xyuas seb dabtsi tseem khi koj.*

what is keeping you stuck.

- **Jesus** asked: “Do you want to get well?”
- Be willing to confront the fears, excuses, attitudes, habits, and sins that keep you on the mat.

S – STAND | *Sawv ruaj khov rau Yexus Txojlus on the Word of Jesus.*

- **Jesus** said: “Get up!”
- Faith does not simply hear God's Word.
- Faith responds with obedience.

E – EXIT | *Khiav tawm ntawm lub neej qub the old way of living.*

- **Jesus** said: “...and walk.”
- Don't keep returning to what Jesus is calling you away from.
- Rise and walk **FORWARD**.

PERSONAL APPLICATION

1. What am I waiting beside? | *Koj tseem tos dabtsi?*

- Stop putting your hope in the **pool** when Jesus is standing beside you.

2. What is Jesus asking me to obey? | *Yexus kom koj ua dabtsi?*

- Obedience turns hearing into walking.

3. What “mat” do I need to leave behind? | *Koj tsom dabtsi tseg?*

- Leave the mat behind and move forward with **Jesus**.