

Use these questions and resources during your study time or with your group.

**RECAP:** The miracle you've been waiting for doesn't come through your effort, but through God's grace. Jesus meets us in our pain, lifts us from our mat, and turns even our past struggles into a testimony of his power and love.

## MAIN POINTS

- Tell God What's The Mat(ter)
- Pick Up Your Mat And Walk
- Stop Sinning

## GETTING STARTED

- If you could have one superpower for a day to help someone else, what would it be and who would you use it on?

## SCRIPTURE

- [John 5:2-3, John 5:5, John 5:9, John 5:17, Ephesians 2:8, Romans 8:28](#)

## DISCUSSION QUESTIONS

- In John 5, Jesus goes straight to the pool where the broken and outcast gathered. Why do you think he chose to show up there instead of somewhere else?
- The man at Bethesda is only described by his condition, not his name. What does that tell us about how people are often labeled or seen in society?
- Why do you think Jesus told the healed man to pick up his mat and carry it, instead of leaving it behind?

## APPLICATION

- What "mat" have you been carrying — an old hurt, failure, or struggle — that Jesus may want to use as part of your testimony?
- Where in your life do you sense Jesus inviting you to "get up and walk," trusting his grace over your own effort?
- How might God be calling you to share your story so that others can see his power and hope through what he's brought you through?

## RESOURCES

- **Closing Prayer:** Jesus, thank you for showing up in our lives, even when we feel stuck or worn down. Help us to pick up our mats, trust your grace, and keep moving forward. Use our stories to encourage others, and remind us that you are always at work, even when we can't see it. Amen.