



“It’s Time to Get Up” - Pastor Isaac Elsner HOPE GROUP STUDY - Week of April 26, 2026

1 Let's Talk & Pray

What's one funny or random thing that makes you feel instantly “unstuck”?

After everyone shares, pray together for your study.

2 Let’s Review the Main Idea

In this message, we see a man who had been stuck for a long time. When Jesus approaches him, He asks a powerful question: “Do you want to get well?”

This reveals something important: sometimes we can become comfortable in what’s familiar, even if it’s not healthy.

We often get stuck in three places:

- The Past – The Pattern – The Pain

But Jesus doesn’t come to keep us comfortable—He comes to make us whole.

He gives us the power to stand, but also calls us to respond in obedience. Healing begins with a decision, and breakthrough often follows a step of faith.

3 Let’s Read the Word

John 5:1-9

4 Let’s Think

- Why do you think Jesus asked, “Do you want to get well?”
- What does it reveal about human nature that we can stay stuck for so long?

5 Let's Share

- Which of the three do you relate to most right now: past, pattern, or pain? How has this affected your life? How were you able to recognize this?
- Have you ever felt like the man in the story—waiting, overlooked, or stuck?
- What is one area where you sense God telling you, “Get up”?
- Which is harder for you: receiving help or taking the first step? Why?
- What is one “mat” (mindset, habit, or situation) you might still be holding onto?

6 Let's Grow

- What is one step of obedience you’ve been avoiding? How can you take that step today?
- What does “standing up” look like for you this week—practically?
- How can you remind yourself daily that your strength comes from Christ, not your performance?
- Who can help support you as you take your next step?

7 Let's Pray

- Pray for areas where God is urging you leave behind so you can “get up” and pray over any requests too.

Upcoming Events at Hope

May 4 - 6pm Jason Crabb Concert

Sign up in lobby for tickets

May 4-6 - Sign up to help with Network

Conference =====>

