

THE SAINT PAUL'S BAPTIST CHURCH  
**GROW | PRAY | SERVE**



**WWW.MYSPBC.ORG • 804.643.4000**

# Welcome!

**SERIES: SOUL REPAIR**

*Today's Message: Moving On*

*Dr. Lance D. Watson, Senior Pastor*

**PRAYER:** Gracious God, we know that you are always on the move. We know that movement is a sign of life. Give us the strength, courage, and insight never to accept stuck, stale, and stagnant but to always anticipate and move forward into what you have for us in life. In the name of Jesus' we pray. Amen.

**ICEBREAKER:** *When you were a child, what was the home remedy for a cold?*

**INTRODUCTION:** John 5 tells the story of Jesus performing a miracle. The chapter starts with Jesus encountering a bed-ridden man near a pool. Jesus sees the bed-ridden man and asks him if he wants to be cured. When the man says he does, Jesus tells him to rise up and carry his bed. Based solely on the word that Jesus spoke, the man was motivated to leave his “stuck state” and move on into the possibility of a new life. We can too!

**SCRIPTURE:** Read St. John 5:1-6 (NIV)

### **DISCUSSION:**

1. What stood out in today's message? What was your favorite part of the message today? What's one thing you learned?
2. The sick man does not realize that Jesus is capable of healing him. Are there areas of your life where you need healing but have not asked Jesus? What about the lives of those around you? Do you often pray for healing, or is it a last resort?
3. Jesus asks the sick man, “Do you want to be healed?” If you could experience immediate healing in an area of your life, which area would you choose? What steps are you able to take towards health in that area in the meantime?
4. Read John 5:14. What does this verse suggest about the relationship between sin and sickness for this man? Now read John 9:1-3. How do these verses help to balance our perspective on the relationship between sin and sickness?
5. What is the handicap in my life that no one can see? Does my spiritual handicap relate more to being blind (to truth, purpose, sin), lame (wounded, broken, bitter), or paralyzed (apathetic, frozen, stuck, addicted)?
6. Do I suffer from the small God, BIG problems syndrome? Explain. What steps of obedience is God asking me to take?

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*GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at [www.myspbc.org](http://www.myspbc.org).*

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**CHALLENGE:** This week look for opportunities to celebrate the work of God as it shows up in your life (family, friends, neighbors, co-workers, etc.). Don't miss out on what God is doing because you focus on what people say and think about what God can and cannot do.

**SERVE:** **Pray** over John 5:1-12 this week. **Praise** God for revealing to you that you have the ability to move on from paralysis to power. **Listen:** when you are quiet before God, it is amazing how clear things become. **Respond.** Write it down, live it out, give God praise!

**ANNOUNCEMENTS:** Take this time to share group announcements. Church wide and campus specific announcements can be found at [www.myspbc.org](http://www.myspbc.org). You can also “find, follow and like” our Facebook page at [facebook.com/myspbc](https://facebook.com/myspbc). Turn on your notifications.

**CELEBRATIONS:** Take this time to share praise reports (e.g. answered prayers, birthdays, anniversaries, promotions).

**PRAYER REQUESTS & PRAYER:** Take this time to share prayer requests. Close with prayer.

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## We Care!

**NOTICE: DUE TO THE COVID-19 CRISIS, ALL OF OUR CAMPUSES ARE PHYSICALLY CLOSED AT THIS TIME UNTIL FURTHER NOTICE.**

As a small group leader, we depend on **you** to show members that we care. Here's a list of resources to help you.

### FOR PRAYER:

CALL: 804.463.2472  
EMAIL: [prayer@myspbc.org](mailto:prayer@myspbc.org).

### FOR COUNSELING:

CALL: 804.643.6177  
EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org)

### TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)  
EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)  
EMAIL: [ecare@myspbc.org](mailto:ecare@myspbc.org).

### TO FIND A SUPPORT GROUP:

CALL: 804.643.6177  
EMAIL: [Barnabas@myspbc.org](mailto:Barnabas@myspbc.org).

### TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000  
EMAIL: [emergencyassistance@myspbc.org](mailto:emergencyassistance@myspbc.org).

### TO CONTACT MY LIFE STAGE PASTOR/DIRECTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory  
EMAIL:

- Imagination (0-10): Vernita Williams ([Vernita.Williams@myspbc.org](mailto:Vernita.Williams@myspbc.org))
- SMB (11-19): Martina Jones-Smith (SMB: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org))
- Dreamchasers (20-29): Curtis Ballard ([curtis.ballardjr@myspbc.org](mailto:curtis.ballardjr@myspbc.org))
- Aspire (30-39): Lance Watson, Jr. ([lance.watsonjr@myspbc.org](mailto:lance.watsonjr@myspbc.org))
- Fusion (40-49): Michelle Townsend ([michelle.townsend@myspbc.org](mailto:michelle.townsend@myspbc.org))
- Encore (50-59): Jamie Duncan ([Jamie.Duncan@myspbc.org](mailto:Jamie.Duncan@myspbc.org))
- Prime Time (60-69): Maceo Freeman ([maceo.freeman@myspbc.org](mailto:maceo.freeman@myspbc.org))
- Refiners (70+): Wallace Simms ([Wallace.Simms@myspbc.org](mailto:Wallace.Simms@myspbc.org))

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