



# Welcome!

**SERIES: UNDER PRESSURE**

*Today's Message: Under Pressure to Get Up*

*Dr. Lance D. Watson, Senior Pastor*

**PRAYER:** Eternal God, you are amazing. You meet us where we are but refuse to leave us where you found us. You have a future planned for us and we are grateful. Challenge us always to have the courage to get up from the places where we've permitted ourselves to be paralyzed, and step forward into the future you have before us. We need you now. In Jesus' name, we pray. Amen.

**ICEBREAKER:** What role do you believe our "thinking" has in our "healing" physically, mentally, emotionally, financially, or spiritually?

**MESSAGE RECAP:** It's easy to stay down once we're accustomed to it. Down, discouraged, disappointed, disabled, or depressed can easily become our "normal." However, the challenge of this text today is to consider where we are, what we have, and what may be in store for us beyond our narrative of pain and trouble. As then, Jesus inquires of us, "Do you want to be healed?" And regardless of how we answer, he commands, "Get up, take up your bed, and walk!"

**SCRIPTURE:** Read *John 5:1-9 (NIV)*

## **DISCUSSION:**

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. Why were so many suffering people gathered around the pool at Bethesda? What was the local legend or superstition of the pool? What superstitions do we still harbor?
3. What divine characteristics do we see in Jesus even before he speaks to the man? How did Jesus know that the man had been sick for 38 years without asking him? Why do you think he choose to approach and heal this particular man among the multitude of others?
4. Why did Jesus ask the man if he wanted to be healed? Do you think the man wanted to be healed? Did this man's healing depend on any effort or desire on his part? How would the healing change the man's life? Do you ever settle for the known rather than unknown? If so, why?

**CHALLENGE:** What is one "a-ha" moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week's message, how would the next week be different for you?

**SERVE:** How is God calling us to live out this message this week? As individuals? As a group?

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THE SAINT PAUL'S BAPTIST CHURCH  
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**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 [www.facebook.com/myspbc](http://www.facebook.com/myspbc). Turn on your notifications.

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

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

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## We Care!

A large, solid red heart is positioned behind the text 'We Care!', with the heart's center overlapping the letter 'e'.

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:**

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: [Martina.Jones-Smith@myspbc.org](mailto:Martina.Jones-Smith@myspbc.org)
- Dreamchasers (20-29): Juan Shackelford: [juan.shackelford@myspbc.org](mailto:juan.shackelford@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+): Roscoe Jones: [roscoe.jones@myspbc.org](mailto:roscoe.jones@myspbc.org)

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