

Speaker: Pastor Daniel Self

Leader Note: Begin by creating a safe and unhurried environment. This week’s discussion touches private places of stuckness. Encourage honesty, but never pressure vulnerability.

Opening Reflection

Leader Note: Let participants answer at their own comfort level. If silence occurs, allow it. Don’t rescue the moment — reflection is doing its work.

1. Think about a time in life when you felt stuck — emotionally, spiritually, relationally, or circumstantially.
 - What did being “stuck” feel like?
 2. Pastor Daniel described being *stuck in life, stuck in faith, stuck in hopes, stuck in vice, stuck in places of the heart we don’t talk about*.
 - Which of those do you most relate to right now?
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Section 1: Jesus Sees the One Everyone Else Overlooks

Read: John 5:1–6

3. The passage says Jesus saw the man lying there and knew he had been in that condition a long time.
 - Why is it significant that Jesus *sees* him before He speaks to him?
4. The man had become invisible to society after decades in the same place.
 - Where do people today feel unseen or overlooked?
 - Have you ever felt that way?

Leader Note: If someone shares personally in the next question, affirm their courage. Keep the group from fixing or advising. This section is about being seen, not solving.

5. How does knowing that Jesus sees the *real you* — not just the version others see — change how you approach Him?
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Section 2: “Do You Want to Get Well?”

Read: John 5:6–7

6. Why do you think Jesus asked a question that seems to have an obvious answer?
7. The man doesn’t answer directly — he explains his situation instead.
 - What does that reveal about where his hope was placed?

Leader Note: This next question is a heart-revealing moment. If discussion stays surface-level, gently ask: “What might that look like in real life?”

8. Why can it be hard to let go of an identity built around pain, struggle, or even comfort?
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Section 3: The Pool of Bethesda in Our Lives

Read: Psalm 62:5–6

9. The sermon described the pool as a place of misplaced hope — something the man believed would save him.
 - What are some modern “pools of Bethesda” people place their hope in?

Leader Note: Keep this practical, not theoretical. Encourage everyday examples — career, relationships, health, finances, control.

10. Where are you most tempted to say,
 - “If only this changes... then I’ll be okay”?
11. Why is “if only” faith described as bargaining or transactional faith?

Section 4: From “If Only” Faith to “Even If” Faith

Read: Daniel 3:17–18

12. What is the difference between:

- “If only God does this, I’ll follow Him,”
and
- “Even if God doesn’t, I’ll follow Him”?

Leader Note: *This next moment is the spiritual hinge of the group. Slow down here. Allow Scripture to do the heavy lifting.*

13. Where in your life might God be inviting you to move from “if only” faith to “even if” faith?

14. What would it look like to trust Jesus in that area — without conditions?

Section 5: Get Up and Walk

Read: John 5:8–9

15. When Jesus says, “Get up, pick up your mat, and walk,” everything changes for the man.

- What does the “mat” represent in this story?

16. The sermon described two kinds of people:

- Those stuck in suffering.
- Those settled in comfort.
 - Which do you relate to more — and why?
 - **Leader Note:** *Don’t rush past this section. Let people connect comfort with spiritual stuckness — this is where conviction often surfaces gently.*

17. Pastor Daniel said we were never meant to settle on mats but to walk on mission.

- What might Jesus be calling you to stand up from?

Section 6: Walking Into the Life Jesus Calls You To

Read: Ephesians 2:10

18. How does this verse describe the life God prepared for us?

19. What is one step of obedience, faith, or surrender Jesus might be inviting you to take right now?

20. What support or prayer do you need from this group to take that step?

Leader Note: *Move toward prayer naturally. Don’t force public commitments — offer space for silent reflection if needed.*

Take Home

This week, sit with Jesus’ question:

“Do you want to get well?”

Ask yourself:

- Where am I stuck?
- Where is my hope misplaced?
- What mat am I being asked to leave behind?

Pray each morning:

“Jesus, I trust You.

Even if my circumstances don’t change,

I will follow You.

Help me get up and walk.”