

Small Group Guide: "Do You Want to Get Well?"

Series: Signs - The Gospel of John

Text: John 5:1-15

Opening Prayer & Icebreaker

Icebreaker Question: Share about a time when you waited a long time for something you really wanted. How did the waiting affect you?

Sermon Summary

This week we examined the third sign in John's Gospel—Jesus healing a man who had been disabled for 38 years at the pool of Bethesda. Jesus asked a seemingly obvious but profoundly important question: "Do you want to get well?" This miracle reveals that Jesus is the Christ, the Son of God, and that true healing involves more than physical restoration—it requires spiritual transformation and surrender to Jesus as Lord.

Key Takeaways

1. **Miracles are pointers, not prescriptions** - They point us to Jesus' identity as the Son of God, not a formula for getting what we want.
2. **Wanting healing isn't the same as wanting wellness** - We can desire relief from our symptoms while resisting the life changes necessary for true wholeness.
3. **Religious activity doesn't equal spiritual health** - The paralytic came to the "house of mercy" but didn't know Jesus; the religious leaders were at the temple but missed God in their midst.
4. **Jesus offers both salvation and transformation** - He doesn't just save us from our sins; He calls us to stop sinning and follow Him.

Discussion Questions

Understanding the Text

1. What stands out to you most about the pool of Bethesda and the scene John describes? What would it have been like to be there?
2. Why do you think Jesus asked, "Do you want to get well?" What makes this question more profound than it first appears?
3. How did the religious leaders respond to this miracle? What does their reaction reveal about their spiritual condition?

Personal Reflection

4. The sermon asked: "Do you want to get well?" How does this question apply to your life right now? Are there areas where you want relief but not transformation?
5. The sermon listed several sins we might confess but not actually want to change (gossip, anger, lust, pride, bitterness, envy, greed, control). Which of these resonates most with you? Why is it hard to truly "want to get well" in that area?

6. The paralytic received physical healing but didn't follow Jesus. Have you ever experienced God's blessing without truly surrendering to Him as Lord? What happened?

Going Deeper

7. Read John 1:10-13 (the prologue referenced in the sermon). How does this passage help us understand the responses to Jesus in John 5?
8. The religious leaders were more concerned with their guidelines than with people. How can we avoid this same trap in our own religious practices?
9. What's the difference between "going through the motions" of faith and truly wanting spiritual wellness? How can we tell which one describes us?

Application

10. Jesus told the healed man, "Stop sinning or something worse may happen to you" (v. 14). What does this teach us about the connection between salvation and sanctification (being made holy)?
11. If Jesus were to find you this week and ask, "Do you want to get well?" in what specific area of your life would He be asking? What would true "wellness" look like in that area?
12. What is one practical step you can take this week to move from wanting relief to wanting true spiritual wellness?

Practical Applications

This Week's Challenge:

Choose ONE of the following to put into practice:

- **Honest Inventory:** Set aside 30 minutes for honest prayer and journaling. Ask God to reveal areas where you've been seeking relief without transformation. Confess these to Him and ask for the desire and power to truly change.
- **Accountability Partner:** Identify one sin pattern you struggle with and share it with a trusted friend or group member this week. Ask them to check in with you regularly about your progress.
- **Remove the Obstacle:** Take one concrete action to remove something that feeds a sin you struggle with (delete an app, cancel a subscription, change a routine, set a boundary, etc.).
- **Sabbath Practice:** Evaluate your Sabbath rest. Are you keeping it holy or just following rules? Plan a Sabbath day this week that truly honors God and refreshes your soul.
- **Respond to the Sign:** If you've never fully surrendered your life to Jesus as Lord (not just Savior), talk with your group leader or pastor this week about what that means.

Memory Verse

John 20:31 - "But these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in his name."

Prayer Focus

Pray for each other in these areas:

- That God would give us honest hearts to see where we need true healing
- For the courage to surrender areas of sin we've been holding onto
- That we would recognize Jesus as Lord and not just a miracle-worker
- For the LIFE Food Pantry and their ministry in our community
- For anyone in the group who needs to take a step of faith toward Jesus

Looking Ahead

Next week we'll continue in the Gospel of John, examining another sign that points to Jesus as the Christ, the Son of God.

Homework: Read John 6:1-15 before next week's gathering.

Closing Prayer

Father, thank You for loving us enough to ask hard questions. Help us to truly want wellness, not just relief. Give us the courage to surrender every area of our lives to Jesus as Lord. We believe that You are the Christ, the Son of God, and we want life in Your name. Amen.