

Heal Your Hurting Mind— What’s Holding Your Mind Back

- **Salvation is instant, but healing takes time.**
- **A hurting mind isn’t a broken mind; it’s healing in progress.**
- **Jesus asks you to meet His grace with your faith.**

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. ²Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. ³Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. ⁵One who was there had been an invalid for thirty-eight years. ⁶When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” ⁷“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” ⁸Then Jesus said to him, “Get up! Pick up your mat and walk.” ⁹At once the man was cured; he picked up his mat and walked. ... John 5:1-9 NIV

Βηθεσδά

**Bethesda
House of Grace**

Do you want to get well?

“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.” John 5:7 NIV

What you resist the hardest is often what you need the most.

Then Jesus said to him, “Get up! Pick up your mat and walk.” ⁹At once the man was cured; he picked up his mat and walked. ...

John 5:8-9 NIV

Your faith speaks louder than facts.

Do what you can, and trust God to do what you can't.

TALK IT OVER

Have you ever let facts about your mental health speak louder than your faith? How have you learned to balance both truths?

Read **John 5:6-9**. If Jesus walked in right now and asked, “Do you want to be well?” how would you respond? What next steps would you take?

Who do you call when you need help taking the next step in faith? What about that person makes you want to reach out?