

Light & Life - The Book Of John
"How To Get Unstuck" John 5:1-18
Cornerstone Church Of Poway
Pastor Ed Turley
August 20, 2023

How To Get Unstuck:

1. Recognize Your Condition

¹ After these things there was a feast of the Jews, and Jesus went up to Jerusalem.

² Now there is in Jerusalem by the sheep *gate* a pool, which is called in Hebrew **Bethesda**, having five porticoes.

³ In these lay a **multitude** of those who were sick, blind, lame, and withered, [waiting for the moving of the waters; ⁴ for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.] ⁵ A man was there who had been ill for **thirty-eight years**. **John 5:1-5 (NASB)**

Notes: _____

2. Examine Your Heart

⁶ When Jesus saw him lying *there*, and knew that he had already been a long time *in that condition*, He *said to him, "**Do you wish to get well?**" **John 5:6 (NASB)**

⁷ The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me."

John 5:7 (NASB)

Notes: _____

3. Walk In The Greater Miracle

⁸ Jesus *said to him, "Get up, pick up your pallet and walk." ⁹ Immediately the man became well, and picked up his pallet and *began* to walk. Now it was the **Sabbath** on that day. **John 5:8-9 (NASB)**

¹⁰ So the Jews were saying to the man who was cured, "**It is the Sabbath, and it is not permissible for you to carry your pallet.**" **John 5:10 (NASB)**

"Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy. **Exodus 20:8-11 (NIV)**

Jesus went into their synagogue, ¹⁰ and a man with a shriveled hand was there. Looking for a reason to accuse Jesus, they asked him, "Is it **lawful to heal** on the Sabbath?" ¹¹ He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? ¹² How much **more valuable** is a man than a sheep! Therefore it is lawful to do good on the Sabbath." **Matthew 12:9-12 (NIV)**

¹¹ But he answered them, "He who made me well was the one who said to me, 'Pick up your pallet and walk.'" ¹² They asked him, "Who is the man who said to you, 'Pick up *your pallet* and walk?'" ¹³ But the man who was healed did not know who it was, for **Jesus had slipped away** while there was a crowd in *that* place. **John 5:11-13 (NASB)**

¹⁴ Afterward Jesus **found* him in the temple and said to him, "Behold, you have become well; **do not sin anymore, so that nothing worse happens to you.**" **John 5:14 (NASB)**

¹⁵ The man **went away**, and told the Jews that it was Jesus who had made him well. ¹⁶ For this reason the Jews were persecuting Jesus, because He was doing these things on the **Sabbath**. ¹⁷ But He answered them, "**My Father is working** until now, and **I Myself am working.**" ¹⁸ For this reason therefore the Jews were seeking all the more to kill Him, because He not only **was breaking the Sabbath**, but also was **calling God His own Father, making Himself equal with God.** **John 5:16-18 (NASB)**

²⁴ "Truly, truly, I say to you, he who **hears My word**, and **believes Him** who sent Me, **has eternal life**, and does not come into judgment, but has **passed out of death into life.**
²⁵ "Truly, truly, I say to you, an hour is coming and now is, when the **dead will hear the voice of the Son of God**, and those who hear **will live.** **John 5:24-25 (NASB)**

Big Idea:

To know Who Jesus is and to place our confident trust in Him as our Lord & Savior.

But these are written that you may **believe** that **Jesus is the Christ**, the Son of God, and that by believing you may have **life** in His name. **John 20:31 (NIV) Remember Verse**

➤ **Are you walking in a relationship with Jesus?**

My next right step, I will:

- [] Accept Jesus as my Lord and Savior
- [] Sign up for a small group or take Foundations of Faith class
- [] Follow Jesus in Believer's Baptism

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Family Corner: [Choose one day this week to ask questions to go deeper in faith as a family.]

Open in Prayer.

Icebreaker: Who do you know who has a crippling physical ailment? How have they adjusted to life?

Big Idea:

To know Who Jesus is and to place our confident trust in Him as our Lord & Savior.

How To Get Unstuck:

Read John 5:1-18

1. Recognize Your Condition

Read John 5:1-5

How long had this man been sick?

What is something you have been waiting on God for?

2. Examine Your Heart

Read John 5:6-8

What did Jesus ask him?

What was his response?

What have you given up on?

How is your heart towards others? Towards God?

3. Walk In The Greater Miracle

Read John 5:8-9

What miracle did Jesus perform?

Why weren't the religious leaders celebrating?

How have you experienced legalism?

Swindoll's Living Insights New Testament Commentary - John.

Legalism denies God's grace and presumes to earn His favor through deeds. It is a man-made righteousness that exalts humanity rather than the Lord. Legalism produces either pride or depression in the people under its spell—pride for those who keep the list to their own satisfaction, depression for those who recognize their utter inability to keep the list perfectly. Criticism is the primary motivation. The goal of legalism is to give as much criticism as possible and to avoid receiving it at all costs. Legalism is wrong because it produces in people what the Lord desires least: pride, self-loathing, hypocrisy, and self-righteousness.

Read Exodus 20:8-11

Why should we honor the Sabbath?

Read Matthew 12:9-12

What logical reasoning did Jesus give to heal on the Sabbath?

Read John 5:11-14

Why do you think Jesus slipped away?

What warning did Jesus give this man?

What could be worse than 38 years of physical pain and suffering?

How are this man's actions representative of his decision?

John 5:15-18, 24-25

How is this relevant to this story?

How are you walking in a relationship with Jesus?