

	Do you Want to Get Well?
 BIG IDEA	Jesus doesn't simply want to improve our circumstances, He wants to transform our lives. Healing begins when we stop making excuses, surrender our past, and trust Jesus enough to take the next step.
 ICE BREAKER	1. Is there something in your life that you've wanted to change for a long time? 2. Why do you think change can be so difficult, even when we know it's necessary? 3. Have you ever looked back and realized God was inviting you to something better than what you were holding onto?
 MAIN POINTS	Jesus sees us in the middle of our brokenness. In John 5, Jesus walked into a crowd of hurting people at the Pool of Bethesda and intentionally stopped to speak with one man who had been unable to walk for thirty-eight years. Pastor Rick reminded us that Jesus asked a surprising question: “Do you want to get well?” Before addressing the man's physical condition, Jesus addressed his heart. Healing requires a willingness to change. The man's first response wasn't “Yes.” Instead, he explained why he couldn't get better. Like him, we often become experts at explaining our circumstances instead of embracing change. Sometimes we don't really want transformation—we simply want the pain to stop. Jesus invites us to move beyond excuses and toward obedience. The hardships we've experienced shape us, but they don't have to define us. Faith takes the next step before seeing the outcome. When Jesus said, “Get up! Pick up your mat and walk,” the man had a choice. He could stay where he was or trust Jesus enough to take the first step. Picking up the mat meant leaving behind the place where he had spent nearly four decades. It meant trusting Jesus enough to walk into a completely different future. Sometimes the hardest part of healing isn't receiving it. It's leaving behind what's familiar. What might be hiding underneath your “mat” that Jesus wants to heal? Jesus is the source of our healing. For thirty-eight years the man believed the pool was his only hope. But healing wasn't found in the water. Healing was standing right in front of him. We often do the same thing. We look to success, relationships, money, achievement, comfort, or control to satisfy the deepest needs of our hearts. But none of those things can give us what only Jesus can. Sometimes we've simply been waiting at the wrong pool. Jesus continues asking each of us today. “Do you want to get well?”
 DISCUSS	1. What stood out to you most about Jesus asking, “Do you want to get well?” 2. Why do you think change is often harder than simply living with the pain?

	3. What does Pastor Rick’s statement, “We need to quit hoping for a better past,” mean to you? 4. What excuses or fears sometimes keep you from taking your next step with God? 5. What is one area where Jesus may be inviting you to trust Him and “pick up your mat”
 NEXT STEP	Jesus First ● Spend time reading John 5:1-15 this week and ask God to reveal one area where you’ve become comfortable staying stuck. Invite Jesus into that place and ask Him for the courage to take your next step toward healing. People Always ● Healing is rarely meant to happen alone. Reach out to someone you trust a friend, mentor, group member, or pastor and share one area where you need encouragement, accountability, or prayer. Then look for an opportunity to encourage someone else who may be struggling. Made for More ● Choose obedience over excuses this week. Identify one practical step you’ve been putting off because it feels difficult or uncomfortable. Trust Jesus enough to take that step, believing that lasting transformation begins with faithful obedience.
 SCRIPTURE	John 5:1-15 <i>“Then Jesus said to him, ‘Get up! Pick up your mat and walk.’ At once the man was cured; he picked up his mat and walked.”</i> John 5:8-9
 NEXT WEEK SNEAK PEAK	Join us next weekend as Pastor Shan preaches and we’ll continue discovering what it means to put Jesus First as we learn how following Him transforms every part of our lives.

Questions or Feedback? Email Groups@CentralAZ.com