



STUCK IN A RUT

Self-care Study 4

BACKGROUND

Living with a disability was much more difficult in the ancient world than it is today. Many with disabilities would go to this pool, hoping that it had healing powers.

- What does hope mean to you?

JOHN 5:2–9: RUNNING OUT OF HOPE

Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. Crowds of sick people—blind, lame, or paralyzed—lay on the porches. One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?” “I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.” Jesus told him, “Stand up, pick up your mat, and walk!” Instantly, the man was healed! He rolled up his sleeping mat and began walking!

REFLECTION

- What physical, relational, and spiritual needs do you see in this man who cannot walk? Describe his life.
- His first response to Jesus shows us a lot about his view of his situation. Describe his perspective.
- Describe how Jesus cares for this man. What do you admire about Jesus?

LIFE APPLICATION

- Describe someone you know who is hopeful. Describe someone you know who struggles with hope.
- On a scale of 1 to 10, how hopeful are you? Why?
- If Jesus invited you to place your ultimate hope and faith in him, how would you respond? Why?

SPIRITUAL PRACTICE

In a minute, we are going to think about how to find hope in Jesus. Let’s do the self-assessment below.