

Do you want to be well?

John 5:1-16

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does Jesus ask the man, how does the man answer, and what does Jesus tell him to do?

2. What does it show me about people — and about myself?

Is there a sickness of body or habit you have grown used to and no longer really want to leave?

3. What will I obey this week? (a concrete step, with a day)

What will you get up and do this week that you have told yourself you cannot?

4. Who will I tell?

Who has been waiting a long time with nobody to help them into the water?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Jesus, you asked a man who had been ill for thirty-eight years whether he wanted to be well. Ask us honestly too, and give us the courage to say yes.



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