

Being Unwilling to Change

CONNECT

Share a time when you made a significant change in your life.

DISCUSS

Have someone read John 5. As you listen, are there any words or phrases that especially strike you? What questions come to your mind about what it says? Is there anything that is confusing? Encouraging?

¹ After this there was a festival of the Jews, and Jesus went up to Jerusalem. ² Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. ³ In these lay many invalids—blind, lame, and paralyzed. ⁵ One man was there who had been ill for thirty-eight years. ⁶ When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?” ⁷ The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.” ⁸ Jesus said to him, “Stand up, take your mat and walk.” ⁹ At once the man was made well, and he took up his mat and began to walk. (John 5:1-9)

1. Why do you think Jesus asked the man if he wanted to be made well? What do you make of the man’s answer? Do you think he really sees his circumstances as preventing him from being healed? Or is it something else?
2. In this passage, we see a man who believes a local legend that healing will come to anyone who touches the waters when they are “stirred up.” What are some of the “local legends” in our time of how to be made well?
3. Christian identified three reason we often use for not wanting to change. Which of these are you the most likely to embrace in your life?
 - Learned Helplessness (believing there is nothing we can do to change)
 - Focusing on Others (giving all our attention to what’s wrong with the people around us)
 - Pain Avoidance (the pain of being in a bad place seems less than the pain we anticipate with change)
4. What does this passage say is the real source of “being made well?” How can we access that healing?

PRAY AND PERSONALIZE IT

1. In light of God’s love and care for you, what aspects of your life are most in need of change?
2. What is preventing you from embracing that change that God is calling you to?
3. Pray that God will help you and the people around you be “made well.”