

EVIDENCE

Part 3: What to Do When You're Stuck

WEEK OF OCTOBER 24, 2021

Do you feel stuck, like you can't get any traction in your life? See what you can learn from what Jesus does for a man who found himself feeling the same way.

MESSAGE NOTES AND HIGHLIGHTS

- Do you ever feel stuck?
 - Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. | John 5:1-2
 - Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. | John 5:3
 - Even when we're not looking for God, he's looking for us.
 - God's the one who knows you the best and loves you the most.
 - One who was there had been an invalid for thirty-eight years. | John 5:5
 - When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, "Do you want to get well?" | John 5:6
 - Sometimes asking for help calls for more humility than we're willing to give.
 - Do you want to get well?
 - "Sir," the invalid replied, "I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me." | John 5:7
 - Do you ever feel not only stuck, but that everyone else around you is getting what you're praying for?
 - Then Jesus said to him, "Get up! Pick up your mat and walk." | John 5:8
 - At once the man was cured; he picked up his mat and walked. | John 5:9
 - You can't pretend like everything is fine and just hope everything gets better.
 - Know that God sees you.
 - Don't focus on the things that stir up discontent and discouragement in your life. Look to Jesus instead.
 - "I can do all things through Christ who gives me the strength I need." | Philippians 4:13
 - Get the help you need.
 - Get up and do what Jesus asks you to do.
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DISCUSSION QUESTIONS

1. Are you feeling stuck in any area of your life? How so?
2. Do you ever feel discouraged or discontent from looking around at the people around you who seem to have what you've been longing and praying for?
3. Before Jesus heals the man at the pool in John 5, he asks him, "Do you want to get well?" Why do you think Jesus asks him that?
4. In any area of your life where you're stuck or need growth, what might it look like to seek help, to turn to Jesus for strength, to do what Jesus is asking you to do?