



BREAKING THE ICE

Have you ever volunteered for an organization and felt like you made a difference? Explain.

When have you experienced incredible customer service? What made it so unique and memorable?

MAIN CONTENT

This week, we continued our Lent study about the miracles of Jesus.

1. What's one thing that God has shown you in the last few weeks of Lent?

This week, Pastor Kevin picked up in John 5 where we heard about the third miracle. To begin the message, Pastor Kevin told a story about getting stuck in the snow a few weeks ago in Nashville. Pastor Kevin and Rea were physically stuck and it took a lot of effort to get their car to move. We can be physically stuck, emotionally stuck or even spiritually stuck.

2. Share about a time in your life when you felt stuck.

Read John 5:1-9

The man in this story was physically stuck. He could not physically move. He wanted to move himself toward the medicinal waters, but he couldn't. Jesus had the power to heal him physically and Jesus did.

Pastor Kevin reminded us that what Jesus did for this one man physically, He desires to do for all of us spiritually. Jesus wants to heal our hearts and draw near to us if we ask Him to.

One thing we can learn from this sign is that when we are stuck, Jesus comes to us. He does not run from us. He doesn't ask us to become unstuck before He helps us. He comes to us in the midst of our messiness.

3. Describe a time when you felt Jesus show up in the midst of you feeling stuck.

This man had been stuck for 38 years. That's a long time. He waited by the pool to find his healing. There were many people who had waited at that same pool for their healing. Little did the man know his healing would come from something different than the water.

We can gather from this scripture passage that this man felt unseen, looked over, maybe even invisible. But Jesus saw him and went to him. The man was pursued, just like you and I are pursued by God.

4. Have you ever felt invisible to someone? Describe a time in your life where you felt seen by someone.

Jesus saw the man sitting by the pool, but what's interesting is that Jesus asked the man if he wanted to be well. Just because he was there didn't mean he wanted to be well. As Pastor Kevin mentioned, some people are more willing to live with the discomfort of the life they know, than risk discomfort of the life they don't know in order to get well.

Jesus gave the man three things to do: get up, pick up his mat and walk. These may seem like simple things, but sometimes the act of just getting up and moving can bring some healing to what we are going through.

5. Where have you seen God move in your life by just choosing to get up and move?

Many times when we are stuck and need help, God puts people in our lives to help us get unstuck. But to truly get unstuck, we have to do a few things. The first thing we have to do is admit we are stuck. The second is to know that God sees us. He tells us in Psalm 139: 1-4 " You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely."

6. How does it make you feel knowing God sees you, knows all your thoughts and everything about you?

The third thing we have to remember is to focus on Jesus rather than on the things we think will fix us. It's easy for us to come up with our own plans and ways to get better, to try and become unstuck on our own. But God wants us to focus on Him, not on the things we try to do ourselves.

7. What keeps you distracted from focusing on Jesus? What are some ways you try to do things on your own instead of focusing on what He can do for you?

The fourth thing is to be willing to receive help. To ask for help is humbling. Joining a community group has brought you one step closer to being willing to receive help. You are surrounded with others who want to grow in their walk with Jesus and you are learning together as you study the Bible, Sunday messages and talk about how it pertains to your life.

Another way to be willing to receive help is to serve with others. Something special happens when you serve alongside people who all share the same vision and mission.

8. Who in your life has been pivotal in helping you find health in your journey to follow Jesus?

The last thing to do when you are feeling stuck is to do what Jesus asks you to do. Get up, pick up your mat and walk.

Remember: the thing that you have used to define you - the thing that has made you feel stuck - is not you. Once you put your trust in Jesus, He is your identity. Your insecurity, anxiety, depression, divorce, shame, addiction is not you. You are a child of God and He delights in you.

CLOSING PRAYER

Jesus, we are thankful that You come to us. You are always there, waiting for us to acknowledge You and trust You. Thank You for never leaving us, for always being the safe place we can land. Will You show us where we need to draw near to You. The places in our lives where we feel stuck, can You bring those to light. Will you surround us with people who help us do what You have asked us to do and be open to the plan You have for our healing. We ask these things in Your name. Amen.

ACTION STEP

+ Take inventory of your life this week and ask God where you are stuck.

+ Make a plan:

1. Admit where you are stuck.
2. Ask God to help you and acknowledge He sees you.
3. Intentionally focus on Jesus. Ideas include: prayer, journaling, meditating on Him, consider fasting something that pulls you away from Him instead of bringing you closer to Him.
4. Be willing to receive help. Ask your group members and trusted friends if they can help you.
5. Do what He asks you to do. Get up, pick up your mat and walk.

+ Come back next week to talk about where you are seeing God help you get unstuck in your life.