

# RL GROUPS

Grace | God-sized Vision | For Every Generation

John 5:1-14

5:1 Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. 2 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. 3 Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. [4] 5 One who was there had been an invalid for thirty-eight years. 6 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?” 7 “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.” 8 Then Jesus said to him, “Get up! Pick up your mat and walk.” 9 At once the man was cured; he picked up his mat and walked. The day on which this took place was a Sabbath, 10 and so the Jewish leaders said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.” 11 But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’



## Questions for Discussion

1. What do you think of when you hear the words “emotionally healthy?”
2. Read John 5:1-14.
3. What does this story tell us about God? about us?
4. Where do we look for healing other than in God, or before we look to God?
5. What kind of emotional healing are we likely to find when we believe in Jesus?
6. What are some basic practices we can use to pursue emotional health?

Take time to pray for each other.