



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. 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.’” ¹² So they asked him, “Who is this fellow who told you to pick it up and walk?” ¹³ The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there. ¹⁴ Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.” ¹⁵ The man went away and told the Jewish leaders that it was Jesus who had made him well. **John 5:2-15 NIV**

I CAN FIND HOPE WHEN LIFES SEEMS HOPELESS...

1. BY DETERMINING WHAT I DESIRE.

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 NIV**

....I place before you Life and Death, Blessing and Curse. Choose life so that you and your children will live. **Deuteronomy 5:19b MP**

The workers' hunger helps them, because their desire to eat makes them work. **Proverbs 16:26 CEV**

2. BY FIGHTING MY FRUSTRATIONS.

"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 NIV**

- Frustration can lead me to blame others.

"How did you know you were naked?" God asked. "Did you eat any fruit from that tree in the middle of the garden?" ¹² "It was the woman you put here with me," the man said. "She gave me some of the fruit, and I ate it." **Genesis 3:11, 12 NIV**

- Frustration can lead me to give up.

When hope is crushed, the heart is crushed... **Proverbs 13:12 GNT**

So do not throw away your confidence; it will be richly rewarded. ³⁶ You need to persevere so that when you have done the will of God, you will receive what he has promised." **Hebrews 10:35, 36 NIV**

3. BY LEARNING TO LISTEN.

- Listening promotes healing by teaching me what to do.

Then Jesus said to him, "Get up! Pick up your mat and walk." **John 5:8 NIV**

... you know these things, you will be blessed if you do them. **John 13:17 NIV**

- Listening promotes healing by teaching me what not to do.

Later Jesus found him at the temple and said to him, "See, you are well again. Stop sinning or something worse may happen to you." **John 5:14 NIV**

By your teachings, Lord, I am warned; by obeying them, I am greatly rewarded... ¹³ Don't let me do wrong on purpose. **Psalms 19:11, 13 CEV**

4. BY RECONNECTING MY RESTORER.

But he replied, "The man who made me well said to me, 'Pick up your mat and walk.'" **John 5:11 NIV**

The man went away and told the Jews that it was Jesus who had made him well. **John 5:15 NIV**

When you have eaten and are satisfied, praise the LORD your God for the good he has given you. ¹¹ Be careful that you do not forget the LORD your God, failing to observe his command... **Deuteronomy 8:10 NIV**