



THE COUNSELOR

WEEK THREE - DO YOU WANT TO GET WELL?

1. In your family of origin, how easy was it for you to ask each other for help? How easily was help given? How has this impacted your ability to be able to ask others for help today?
2. Does this affect your willingness to turn to God for help in a difficult situation? Or is your first inclination still to try to figure things out for yourself?

You cannot help someone who needs help – only someone who wants help. Maybe that’s one reason that Jesus asks us, “Do you want to get well?”

3. Share with your group about a time in your life when you needed help or needed to change, but you didn’t yet want the help.
4. Why do you think so many people take matters into their own hands when dealing with problems instead of trusting God to help work them out?

Read John 5: 1-9

5. The pool of water beside which the man was lying was called the Pool of Bethesda, which in Aramaic means “House of Mercy or Grace.” Where are you most in need right now of God’s mercy and grace?
6. Many people in need were around this pool. John never tells us what was wrong with the man that Jesus talked to – only that he was an invalid for 38 years...maybe he was paralyzed, had a wasting disease, or was a victim of an accident. We don’t know. What was it about this one particular man that made Jesus pick him out of the crowd? Why didn’t Jesus empty the porches? Heal everyone?
7. 38 years is a long time to live hoping to get better! What is one ongoing problem that you need to solve? What are you doing to tolerate your problem instead of dealing with it? What excuses do you tend to use the most to avoid dealing with your issues?

8. Everyone wants progress. Not many people want change. Progress makes us feel like we are accomplishing a goal, but change is scary – sometimes it's easier to stay the way you are. What would change for the man lying by the pool if he was made well? What would change for you?
9. When Jesus asked the man, "Do you want to get well?" and when he asks us that question, Jesus is really asking "Do you want to be made whole?" What would it look like for you to be made whole in this broken world?
10. The man at the pool wanted desperately to be healed, yet he was missing the answer that was right in front of him. He was in the presence of Jesus, the Great Physician, but the man was still trying to solve his problem in the same old way that hadn't worked before. Does this sound familiar? Have you done this before in your life? If so, share a time with the group.
11. "You cannot change what you are not willing to confront." How have you experienced the truth of this statement?

NEXT STEPS

If we are content to tolerate where we are – no matter how miserable that place might be – then there will be no change, no steps toward God or healing. What step of faith will you take this week to start the process of solving your problem? What excuse will you stop leaning on as your crutch?

DAILY BIBLE READINGS

- Day 1: John 5:1-15
- Day 2: Psalm 103:1-6
- Day 3: Jeremiah 17:14
- Day 4: Luke 5:27-32
- Day 5: Isaiah 53:1-6
- Day 6: 1 Peter 2:21-25
- Day 7: Psalm 30:1-5