



SANCTUARY REFLECTION GUIDE

April 6, 2025

Title: Walk

Preacher: Rev. Chip Robertson

Scripture: John 5:1-14

Do you want to get well? This is the question Jesus asks in John 5 when he encounters a man who has been paralyzed for 38 years, waiting by the pool of Bethesda. When Jesus tells him to "get up and walk," he is inviting the man—and all of us—to move from fear to freedom and trust.

In this sermon, we continue our series on the miracles of Jesus in the Gospel of John, which were signs pointing to Jesus' identity and mission. This story challenges us to ask: Are we holding onto small, limited views of what's possible, or are we ready to step into the abundant life God has already prepared for us? Join us this week as we explore how Jesus invites us to trust his vision for our lives and our world.

REFLECTION QUESTIONS

1. What stuck out to you about this sermon? Was there an idea that was particularly meaningful or challenging for you?
2. Read John 5:1-14 together. When Jesus asks the paralyzed man if he wants to be healed, the man responds with reasons why he *can't* be. Why do you think he responds that way?
3. What kinds of beliefs or mindsets might hold someone back from stepping into the healing and freedom Jesus offers?
4. When Jesus tells the man to pick up his mat and walk, it causes controversy because of the strict Sabbath rules of the religious leaders. Why do you think Jesus chose to heal this way, on that day?

5. In what ways can fear cause us to shrink our view of God and hold tightly to the small things we can control, rather than trusting Him for something greater? What might help us reclaim a bigger, truer vision of who God is and the life He offers?

WEEKLY PRACTICE

We all crave security and control, and sometimes this leads us to hold tightly to areas of our lives, jobs, and relationships. Instead of trusting God, we try to manage things ourselves, hanging onto what we have. This week, we invite you to spend a few minutes **praying with your hands open**.

Set aside at least five minutes to be quiet and settle into a comfortable spot. Spend a few moments imagining what you might be holding onto with a tight fist and pondering:

- *What might you need to surrender to God today?*
- *What emotions arise when you think of surrendering that thing? Are you afraid? Doubtful?*
- *What might it look like to trust that God is always steadfastly seeking your well-being, even in this area?*

As you pray, sit or stand with your hands open, palms facing upward. This is just a simple way to let your body signal to your heart that you are entering a posture of surrender. With your hands open, tell God what you are giving over to Him—whether it's a fear, plan, or burden. "God, I release my need to control _____. I choose to trust You with it."

End your time in prayer by asking God for peace, guidance, and the courage to trust Him and His vision for your life and our world.