

**[SERMON NOTES]**

*A Sabbath Healing?* – John 5:1-17

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**[QUICK REVIEW]**

Looking at your notes from this week's teaching, was there anything you heard for the first time or something that caught your attention, challenged, or confused you?

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**[MY STORY]**

Our culture is obsessed with the idea of "wellness." Whether it is physical or emotional wellness, products and pitches abound for ways to focus on "becoming a better you." But the definition of wellness is often muddled and inconsistent. ***What does "wellness" mean to you?***

**[DIGGING DEEPER]**

In our thirteenth week of our series on the book of John, we encounter a man who has been paralyzed for 38 years and see what Jesus has in store for him. Re-read the passage from this week.

**John 5:1-17**

*What areas of your life do you want God to bring wellness to? Then, take a deeper look at another story of healing from another one of the Gospels...*

Read **Mark 2:1-12** (in several different translations if you have time). **Retell the passage in your own words.**

***What are some things these verses teach us about God (Father, Son, Holy Spirit)?*** (i.e. His plan for people, His attributes, His purposes for creation, etc.)

***What are some things these verses teach us about people?***

***If you were to pull one thing from this passage to apply to your life to better follow Jesus as his disciple, what would it be?***

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**[WEEKLY READINGS]**

Studies say that someone who reads their Bible 4 times or more a week improves their joy, happiness, contentment, and overall approval of their life. (*1 Tim. 4:8-10,16; 2 Tim. 3:16-17*). Below are 4 passages of Scripture this week to dive into to pull deeper on our weekend's message. We encourage you to take notes in your Bible, and ask yourself: *What does this teach me about God? Myself and others? And how do I follow Jesus better?*

**John 5**

**Mark 2**

**2 Kings 5**

**Psalms 107**