



**GRACE**  
COMMUNITY CHURCH

## IS THERE ANYONE TO HELP US?

### ONE WHO UNDERSTANDS OUR HEARTS (John 5: 1-4)

- 1 The festival supposed to be a time of joyful celebration for the entire Jerusalem but in fact, it was not for the marginalized people
2. Sick people were excluded as low-class citizens
3. Christ understands the broken heart even of marginalized people

#### *Life Application*

- a. Global crises will cause tensions, distress, frustrations which affect our hearts. How do you keep your “heart” healthy during this pandemic?
- b. Can you evaluate the condition of your heart? If so, what tools or means do you use? How important is it to have a life group to help you grow?
- b. Christ did not break the sabbatical law instead he challenged Jewish leaders’ interpretation of the sabbath
- c. Do you find yourself being more focused on the form of Christian practices or the essence of them?

### ONE WHO KNOWS OUR INFIRMITIES (John 5: 5-7)

1. The paralytic has been in this condition for 38 years which suggests Israel’s exodus through the desert for 38 years.
2. His condition had stolen his happiness, joy, and normality of life
3. His infirmity suggests the idea of slavery
4. Christ is not indifferent of our condition but sees us as we truly are beyond appearances
5. Christ desires to restore our lives but first to recognize Him as the Only Way to heal from sins

#### *Life Application*

- a. Can you diagnostic the status of your spiritual life? Use these indicators: very good, good, acceptable, not so good, poor, very poor, no indicator.
- b. Can you pinpoint what are of your life’s areas under Jesus’ control and what areas are not? You have 3 types of relationships: a. relationship with Jesus; b. relationship with others; c. relationship with yourself.
- c. Talk to Jesus about those areas of your life (job, family, relationships, etc.) to change them.
- d. Where are your “faith infirmities” and how can you ask Jesus to deal with them?

### ONE WHO FORGIVES OUR SINS. (John 5: 14-15)

1. Jesus commands the paralytic to stand up and walk- the first step of faith- obedience to His word!
2. Restoration begins at Jesus command and from the moment you obeyed in faith
3. Do not be indifferent! Return to God his praise as He gave you second chance
4. Jesus speaks about the need for pure life since he forgave the paralytic
5. Consequently, stop continuing to live a sinful life!

#### *Life lesson*

- a. Jesus is in the business to rehabilitate and change lives not to improve them. How do you relate to this story as you recognize that Jesus rehabilitated completely this man not an improvement of his condition?
- b. What struggles do you have and you need a second chance? Is there a temptation or a sin?
- c. The value of a life group is that it can help you to remain pure and not to continue to sin. How open are you to talk about your “spiritual infirmities”?

## Life Group Homework/ Bible Study & Food for Thought

(Questions and Scriptures for further study)

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*NIV – New International Version or where is the case we use ESV- English Standard Version*

### Quick Review

Looking back at your notes from this week teaching, was there anything new you learned or anything that caught your attention, challenged or confused you?

### DIGGING DEEPER

*John 5:1-14 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.*

*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. (Jn. 5:1-15 NIV)*

### Questions:

1. Pastor David spoke about rehabilitation. In what ways salvation is a rehabilitation?
2. How difficult is for you to come out from hiding and to share your heart's problems?
3. How do you do your self-examination?
4. Read John 5: 1-14 and discuss the implications of personal obedience in the context of Jesus commands.
5. How to avoid living in secret? How to overcome your blind spots: join or lead a life group!



**LIFE GROUPS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Month of
							Notes

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Sun	Mon	Tue	Wed	Thu	Fri	Sat	Month of
							Notes

**Commitment to Personal Goals:**

1. Scripture Reading (specific and attainable)
2. Scripture Memorization (verse/ passage)
3. Relationships/ Evangelism
4. Personal

**Group Goals**

- ↑ LOOK UP towards Christ
  - Grow in love for Christ and confidence in Him
- ↓ LOOK DOWN into the God's Word
  - Learn God's word and how to study it
  - Apply God's word to my life in specific ways
- ➡ LOOK IN at my own life
  - Identify and fight against sin in my life
  - Cultivate godly character and spiritual maturity
  - Improve my devotional life or reading and prayer
- ← LOOK OUT towards others
  - Serve other church members purposefully
  - Nurture relationships for accountability and prayer
  - Strengthen n the relationships within my home
  - Develop loving friendships with outsiders for the purpose of evangelism

**Responsibilities for Group Members**

1. Be committed to GCC and its mission, leadership and goals of LG
2. Attend Sunday services each week, or let someone in the group know why I miss
3. Prioritize group meetings by arriving on time each week
4. Complete any assignments for the group and come prepared to participate
5. Participate in meetings without disrupting or monopolizing the time and attention of others
6. Cultivate trust within the group and be honest, transparent and teachable
7. Show love, concern and hospitality to visitors