I. WELCOME, 15 mins.

Prepare a couple of simple, fun and delightful icebreakers to help your group warm up. Help your cell group members to lay aside their busyness and tiredness and prepare their hearts to come before God.

II. WORSHIP, 20 mins.

Prayerfully choose a few songs to lead the cell group members to worship God. The worship leader would encourage members to come before the throne of God to seek God’s face, and lead them into God’s presence. During this time, the cell group leader will also lead the group to pray aloud for the following prayer items:

A. MISSION ORGANIZATION: ____________, and their needs are: ____________

(Please contact the church if you don’t know the needs of the mission organization.)

B. CHURCH MINISTRY:

- 1/25-2/22 Equipping Class
- 2/4 Bi-Weekly Prayer Meeting
- 2/14 Valentine’s Day Dinner
- 2/18 Bi-Weekly Prayer Meeting

C. New comer: ________________ Confirm new comers’ name before the meeting.

For sick members, friends or relatives: ________________ Please discuss how you may show your care to them.

III. WORD, 45 mins. Through sharing and discussing God’s word, the group applies it to their daily life.

A. Sharing the message from last Sunday’s sermon: (It would be helpful if you could listen on-line once again)

1. What is the key message from last Sunday’s sermon? How did God speak to you through the message?
2. How would you respond to the message? What action will you take after listening to the message?

B. Topic of the week: You will receive complete healing

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<th>Verses: John 5:1-18</th>
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Memorizing Verses: 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)

Preface:

In Jerusalem near the Sheep Gate is a pool named Bethesda, which means the house of grace and mercy. According to traditions, at set times an angel will come down to stir up the water. When the water is being stirred, the first person to get into the pool will be healed, no matter the illness. Therefore, there are many handicapped people there such as the blind, the crippled, the withered, etc… They lay under the five covered colonnades, waiting for the moment when the water is being stirred, so they can immediately jump into the pool to get healed.

On a Sabbath, Jesus comes to the covered colonnades to grant mercy and grace to a man with an illness. Even though the passage did not describe what kind of illness this man has, but based on his own description of not being able to move freely, it is clear that he was paralyzed.

1. Do you want to get well? (vs. 5-9)

   a. Jesus is very glad and willing to grant grace (vs. 5-7)

      1) Jesus takes the initiative to approach the sick man, vs. 5-6. Jesus knows that this paralytic has been paralyzed for 38 years. Nevertheless, he asks him a strange question, “Do you want to get well?” This is because Jesus wants to lead the sick man to turn his eyes to focus on Jesus, at the same time to face the current problem he is having, and also to motivate him, and to raise up his desire and hope to be healed.

      2) The sick man is not proactive towards healing, vs. 7. For the sick people who lay there, when they see the water move, they will do whatever they can to get into the pool. However, this sick man has already been used to being handicapped, used to a life of depending on others to carry him back and forth. He not only complains and finds excuse for himself that there’s no
one to help him into the pool, but also blames others for getting in before him.

b. Jesus has the authority and power to heal people (vs. 8-9)

Psalm 33:9 says, “For he spoke, and it came to be; he commanded, and it stood firm.” When Jesus commands this man, “Get up! Pick up your mat and walk”, God’s authority and supernatural healing come upon this paralytic’s body, and the sick man becomes completely healed. He is no longer paralyzed and receives strength to stand up and pick up his mat to walk. Jesus publicly shows he is the Lord of healing and is the Messiah the Jews have been waiting for.

2. You are well again (vs. 10-15)

a. The Jews are in bondage to legalism (vs. 10-12)

God gives the Law through Moses to the Israelites for them to obey. The penalty to disobey the Law is to be stoned to death. The Jewish religious leaders add many complicated and burdensome regulations to prevent people from breaking the law. This leads them to become legalists, and the laws they keep are no longer what the Lord gives. One of the regulations is on the Sabbath a person can’t carry something from a public place to a private residence. When they see the paralytic man daring to break the law, they criticize him and persecute him. They are unable to understand God’s heart of love and mercy for people. And the man also excuses himself by saying that the man who healed him told him to pick up his mat and walk.

b. Jesus completely heals the sick man (vs. 13-14)

Jesus not only heals the man physically, but also heals his soul. This is why Jesus especially goes to look for the healed man in order to heal his soul. He warns him not to sin again, otherwise his sickness will get worse. Jesus already knows that this 38 years of sickness is caused by the man’s sin (Please note that not all sickness is from a person’s sin). Jesus comes to find him because he wants to heal him physically, emotionally, and spiritually, so the man can live a completely healthy life.

3. Jesus is the Lord of complete healing (vs. 15-18)

a. The Jews misunderstand the true meaning of the Sabbath (vs. 16)

1) The Sabbath is for remembering God’s work in creation

(Exodus 20:8-11); It is for remembering God’s grace of salvation (Deuteronomy 5:15); It is for the benefit of the people (Mark 2:27); It is for people to lay down their burdens and focus on drawing near to God (Luke 6:5). To those who love the Lord, everyday is a Sabbath. However, for the Jews who are in bondage to legalism, they persecute Jesus for healing on the Sabbath and even want to kill him, which is breaking God’s command, “Do not murder”.

b. God’s grace never ends (vs. 17-18)

Even though God wants people to keep the Sabbath, but he never stops giving grace and mercy to people. Jesus is the Son of God and in the same way he does not stop working salvation and healing. But the Jews not only hate Jesus for healing on the Sabbath, but even more they could not accept Jesus saying God is his father, and Jesus is equal to God. They think Jesus is blaspheming God and wants to get rid of Jesus.

Discussion (please choose the topic according to the needs):

1. When you don’t feel well in your body, what kind of thoughts do you have? Please briefly describe one experience.

2. Why did Jesus ask this sick man, “Do you want to get well”?

3. Why did Jesus especially warns this man not to sin again?

4. What are some practical ways we can help someone who is sick?

5. Please pray for those who need healing in the cell group.

Prayer:

Dear Abba Father in heaven, we thank you. While we were still in sin, you loved us, had mercy on us, rescued us from darkness into the light, healed our body and all our wounds, and granted us your good promises, so we can live out your goodness. O Lord, we ask you to lead us to always have a thankful heart, live out a true testimony, live a life that glorifies your name, and be your instrument to bless others. We thank you and we pray in the name of the Lord Jesus, Amen!

IV. WORK (Pray for each other), 10 mins.