

Unstuck

1. Recognize your rut.

Afterward Jesus returned to Jerusalem for one of the Jewish holy days. Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. Crowds of sick people—blind, lame, or paralyzed—lay on the porches. One of the men lying there had been sick for thirty-eight years. **John 5:1-5 NLT**

Like a dog that returns to his vomit is a fool who repeats his folly. **Proverbs 26:11 ESV**

2. Reject your script.

When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?” “I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.” **John 5:6-7 NLT**

The lazy person says, “There’s a lion in the road! There’s a lion in the streets!”
Proverbs 26:13 NCV

3. Respond to Jesus.

Jesus told him, “Stand up, pick up your mat, and walk!” Instantly, the man was healed! He rolled up his sleeping mat and began walking! **John 5:8-9a NLT**

Understanding was never the requirement. Obedience was.

4. Rebuild your routines.

He rolled up his sleeping mat and began walking! **John 5:9a NLT**

“Now you are well; so stop sinning, or something even worse may happen to you.”
John 5:14 NLT

You were taught not to live the way you used to. You must get rid of your old way of life. That's because it is polluted by longing for things that lead you down the wrong path.

Ephesians 4:22 NlrV

Message Notes: The Holy Bible, New Living Translation, English Standard Version, New Century Version, New International Reader's Version.