## John 5 1-9 (MSG)

Soon another Feast came around and Jesus was back in Jerusalem.

Near the Sheep Gate in Jerusalem there was a pool, in Hebrew called Bethesda, with five alcoves.

Hundreds of sick people—blind, crippled, paralyzed—were in these alcoves.

One man had been an invalid there for thirty-eight years.

When Jesus saw him stretched out by the pool and knew how long he had been there, he said, "Do you want to get well?"

The sick man said, "Sir, when the water is stirred, I don't have anybody to put me in the pool. By the time I get there, somebody else is already in."

Jesus said, "Get up, take your bedroll, start walking."

The man was healed on the spot. He picked up his bedroll and walked off.



## Luke 4:18-19 (NIV)

"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor.

He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind,

to set the oppressed free,

to proclaim the year of the Lord's favour."

John 10:10 (NIV)

"The thief comes to steal and kill and destroy, I have come that you may have life, and life to the full!"

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John 11:25 (NIV)
I am the resurrection and the life



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2. Do you want to get well?

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2. Do you want to get well?

3. Will you get up and start walking?

Get away with me and you'll recover your life.

I'll show you how to take a real rest.

Walk with me and work with me 
watch how I do it

Learn the unforced rhythms of grace
I won't lay anything heavy or ill-fitting on you.

Keep company with me

and you'll learn to life freely and lightly.

Matthew 11:28-30 (MSG)

1. Do you feel paralysed in the stare of the snake?

2. Do you want to get well?

3. Will you get up and start walking?