



## Sermon Notes

Season of Healing  
August 28, 2022

***"We are all broken by something. We have all hurt someone and have been hurt. We all share the condition of brokenness even if our brokenness is not equivalent."***

**Bryan Stevenson**

***God is moved by our suffering.***

### **Exodus 3:7**

*<sup>7</sup> The LORD said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering."*

***When we cry out to God in our hurt, He hears us.***

### **Psalm 34:17**

*<sup>17</sup> The righteous cry out, and the LORD hears them; he delivers them from all their troubles.*

***God wants to heal us - and He encourages us to ask for it!***

### **John 5:1-9**

*<sup>1</sup> Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. <sup>2</sup> 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. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed - and they waited for the moving of the waters. <sup>4</sup> From time to time an angel of the Lord would come down and stir up the waters. The first one into the pool after each such disturbance would be cured of whatever disease they had. <sup>5</sup> One who was there had been an invalid for thirty-eight years. <sup>6</sup> 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?"*

*<sup>7</sup> "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."*

*<sup>8</sup> Then Jesus said to him, "Get up! Pick up your mat and walk." <sup>9</sup> At once the man was cured; he picked up his mat and walked.*



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***Why this man?***

***Jesus saw this man and knew he was helpless.***

**Psalm 34:17**

*<sup>17</sup> The righteous cry out, and the LORD hears them;  
he delivers them from all their troubles.*

***Jesus knew this man was broken.***

**Psalm 34:18**

*<sup>18</sup> The LORD is close to the brokenhearted  
and saves those who are crushed in spirit*

***This man's struggle was not only his way of life - but his identity.***

***What do you identify with?***

***If we are really ready for change, God is really ready to change us.***

**Jeremiah 30:17**

*<sup>17</sup> But I will restore you to health  
and heal your wounds,'  
declares the LORD,  
because you are called an outcast*

**Psalm 146:7-8**

*<sup>7</sup> He gives justice to the oppressed  
and food to the hungry.  
The LORD frees the prisoners.  
<sup>8</sup> The LORD opens the eyes of the blind.  
The LORD lifts up those who are weighed down*

***Jesus didn't ask the man if he wanted a more comfortable mat.***



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*God doesn't want us to learn to manage our struggles.*

*Jesus ended this man's identity crisis when he told him to pick up his mat.*

*The man picked up his mat. He had no back-up plan!*

*What is your mat?*

**Hebrews 12:1**

*<sup>1</sup> ...let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us*

*Jesus knew this man was ready.*

*Are you ready? Really ready?*

### HEALING MANIFESTO

Lord, I commit to the following:

*I will be real with You. That means admitting I'm not OK at times.*

*I will resist the urge to self-manage.*

*I will cooperate with Your work through obedience.*

*I will stop speaking negativity.*

*I will submit to Your process of removing the indelible stain of my sin and brokenness.*

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