

Sunday – January 18, 2026



We have all been there- stuck. Maybe its been in an elevator between floors. Maybe traffic on 95. Maybe you have been stuck relationally, emotionally, financially. Maybe stuck in a habit, addiction, lifestyle. Maybe you are stuck and have given up before you can't see a way forward. In this new series, "Keep Moving Forward," before you move forward you may have to get "unstuck" from where are, and Jesus provides the start you may need.

John's gospel highlights the personal side of Jesus. It is a reminder that following Jesus, at its core, requires a personal touch with God, and with people. Christianity cannot simply be going to Bible studies but rubbing shoulders with real people where they are in life. In *John 5*, Jesus, on his way to the temple, takes the time required to be with someone in need who is "stuck" in life.

Read through *John 5:1-15*. What strikes you as you read this encounter with Jesus?

JESUS _____ WHAT EVERYONE ELSE IGNORES

John 5:6 — "When Jesus saw him..."

Jesus sees the things we hide. You may feel invisible — Jesus sees you.

Who are the people I tend to ignore just based upon appearance?

JESUS _____ THE HEART-PROBING QUESTION

"Do you want to get well?"

Sometimes misery becomes familiar. Spiritual healing begins with desire and honesty.

'If you can'?" said Jesus. "Everything is possible for one who believes" (Mark 9:23).

Where might I be "comfortable in my misery?" _____

JESUS _____ FOR PARTICIPATION

"Get up, pick up your mat, and walk."

Jesus provides power — and invites obedience.

Read *Psalm 40:1-3*. After God lifts me, what do I do?

Am I willing to be a partner in my recovery, or looking for everyone else, including God to do all the lifting?

JESUS _____ A NEW FUTURE

Later Jesus says, *"Stop sinning..."*

Receiving grace but resisting growth is a tragedy. Jesus rescues us into discipleship.

Read through *John 5:1-15* again. What might God be saying to you this time as you read it?

THIS TIME TOMORROW

- **Can I name where I am stuck?**
You can't heal what you refuse to see.
- **Will I Invite Jesus into the stuck places?**
He moves in weakness, not perfection.
- **What one step of obedience can I take today?**
- **Who might God be calling me to help get "unstuck?"**