**R Group Discussion Questions**

**10.19.25**

*John 5:1–9*

When you were a kid, what was your “go-to remedy” when you were sick or hurt? (Band-Aid? Grandma’s soup? Prayer?)
→ How do we sometimes carry that same “self-fix” mindset into our spiritual life?

**1. Gathering of the Broken (John 5:1–5)**

1. The invalid man had been waiting for healing for 38 years. What do you think kept him coming back?
2. Where do people today gather hoping to find healing or wholeness apart from Jesus (emotionally, spiritually, physically)?
3. In what ways do we misdiagnose our deepest problem? How does Scripture help us see the real source of our brokenness?

**2. Spring of Healing (John 5:6–7)**

1. Why do you think Jesus asked the man, *“Do you want to be healed?”* when the answer seemed so obvious? How does this question reveal something about our own hearts and desires for true wellness?
2. What does it show about Jesus’ character that He *comes to* the man rather than waiting for the man to come to Him? How does this story reflect the grace of the gospel — that Jesus seeks and heals us before we seek Him?

**3. Changed Life (John 5:8–9)**

1. Jesus simply said, *“Get up, take up your bed, and walk.”* What does this reveal about His authority? The man’s healing was immediate. How does this mirror the way Jesus transforms a person’s spiritual life?
2. What does it mean practically to “rise and walk” in newness of life? How might believers today be tempted to “sit back down” — to live like we’re still spiritually invalid?
3. What step of obedience or faith might Jesus be calling you to take this week as you “rise and walk” in Him?