



CELL GUIDE

TOPIC	When You Feel Stuck	SPEAKER	SP Chua Seng Lee
THEME	Encountering Jesus: The Book of John	DATE	21 & 22 Feb 2026

MESSAGE SUMMARY

INTRODUCTION

As part of our church's series on the seven miracles recorded in the Gospel of John, today's message focused on the third sign — Jesus healing the sick man at the Pool of Bethesda. This passage speaks powerfully to seasons in life **when we feel stuck**.

The man had been lying by the Pool of Bethesda (meaning "House of Mercy") for thirty-eight years. When Jesus asked him, "*Do you want to get well?*" (John 5:6), the man's response reveals important lessons for us.

LESSONS FROM THE SICK MAN AT BETHESDA

SP observed that we often feel stuck for three key reasons:

1. **No Choice** – We believe there are no good options left in our situation.
2. **No Hope** – We see no visible way out (e.g., terminal illness, painful past, repeated failures).
3. **No Future** – We cannot envision anything good ahead.

The sick man seemed to have embodied all three. Thirty-eight years of waiting had shaped his mindset.

1. Waiting Aimlessly Without Assurance

At the pool, healing depended on the stirring of the waters — something unpredictable and competitive. Only the first person into the water would be healed. It was a system of uncertainty and scarcity. They were waiting aimlessly for that one chance of being healed.

2. A Paralyzed Will Keeps Us Stuck

When asked if he wanted to be healed, the sick man did not say "yes." Instead, he blamed his circumstances and others: "*I have no one to help me...*" (John 5:7) His response revealed more than physical paralysis — it showed a **paralyzed will**. After thirty-eight years, hopelessness had shaped his thinking. SP reminded us that when we feel stuck, our will matters. We must guard against blaming

others, making excuses or even resigning ourselves to defeat. Instead, we are called to surrender and align our will with God's will.

3. We Are Not Defined by Our Circumstances

Jesus' question applies to every area of our lives — physically, emotionally, morally, and spiritually. Healing begins when we take responsibility for our response. We are not defined by our sickness, our past, or our situation. God calls us to participate and take responsibility so that we can experience breakthroughs together with God.

4. Obedience Activates God's Strength

Jesus commanded the man: *"Get up! Pick up your mat and walk."* (John 5:8). The command required action before evidence. As the man obeyed, healing followed. This reflects the truth of Philippians 2:12–13 — *"for it is God who works in you to will and to act..."*.

When we align our will with God's Word and act in obedience, His strength meets us there. The man was healed because, in his heart, he finally said "yes" to Jesus.

5. Guard Against Getting Stuck Again

In verse 14, Jesus later tells the man, *"Do not sin anymore or something worse may happen to you."* While not all sickness is directly caused by personal sin, we live in a fallen world where sin has consequences. Jesus' warning reminds us that freedom must be stewarded. It is possible to be healed yet drift back into patterns that paralyze us again. We must guard our hearts and keep our will aligned with God.

CONCLUSION

SP encouraged us with practical steps so we do not remain stuck:

- Stop blaming others.
- Stop making excuses.
- Fix our eyes on Jesus, not on our circumstances.
- Read and obey His Word.

The Pool of Bethesda means "House of Mercy." True mercy is not found in waiting for waters to stir — it is found in Christ Himself. When Jesus speaks and we align our will with His, we can rise above our circumstances and be unstuck because of Jesus, our Healer.

QUESTIONS

1. Recall a time where you have found yourself stuck in one of these areas (physically, emotionally, morally and spiritually). Which of the reasons resonated with you: no choice, no hope and no future?

2. How would you respond to Jesus question "Do you want to get well?"
What are your reasons or fears preventing you from fully saying "yes" to getting well?

3. What would it look like for you to "pick up your mat and walk" in your current situation?
Prayerfully consider some practical steps that can help you fix your eyes on Jesus.