



新年快乐

CAN I
PRAY
FOR
YOU?

caniprayforyou.today
#caniprayforyou

From: 詹凤娇

Two weeks ago, I met a promoter in NTUC and she helped me to reserve chicken wings for CNY. When I returned to collect them, I gave her the hong bao & asked, “Can I pray for you?”

She said yes, and asked for prayer for her health, peace & career. She shared that she used to attend church. I took the opportunity to encourage her to return to church.

祷告
祝福你?

caniprayforyou.today
#caniprayforyou

CAN I
PRAY
FOR
YOU?

caniprayforyou.today
#caniprayforyou

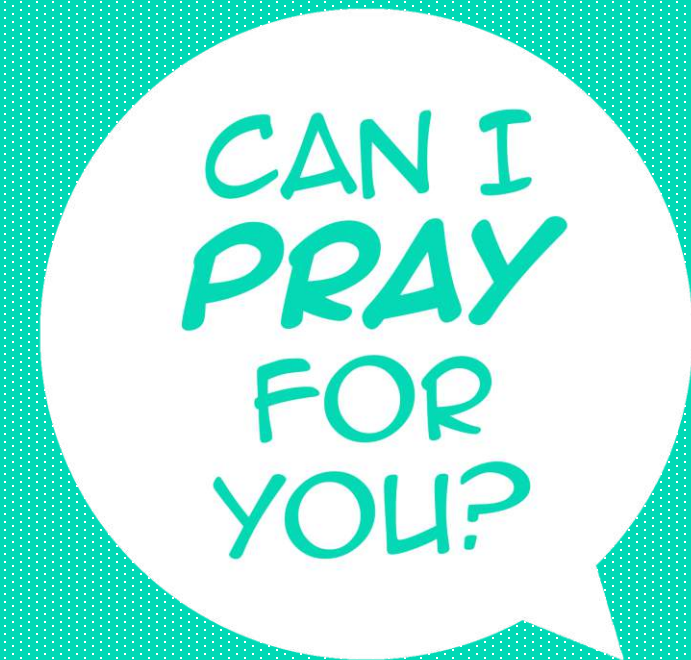
From: Yew Jin

On the first day of CNY, we visited my aunt who is in poor health and has failing eyesight. Two years ago, she rejected my offer to pray for her. This year, I chose to be bold and asked, “**Can I pray for you?**”

And I did not stop there. I asked her if she wanted to accept Christ as her Lord and Saviour, and she said yes! Praise God!

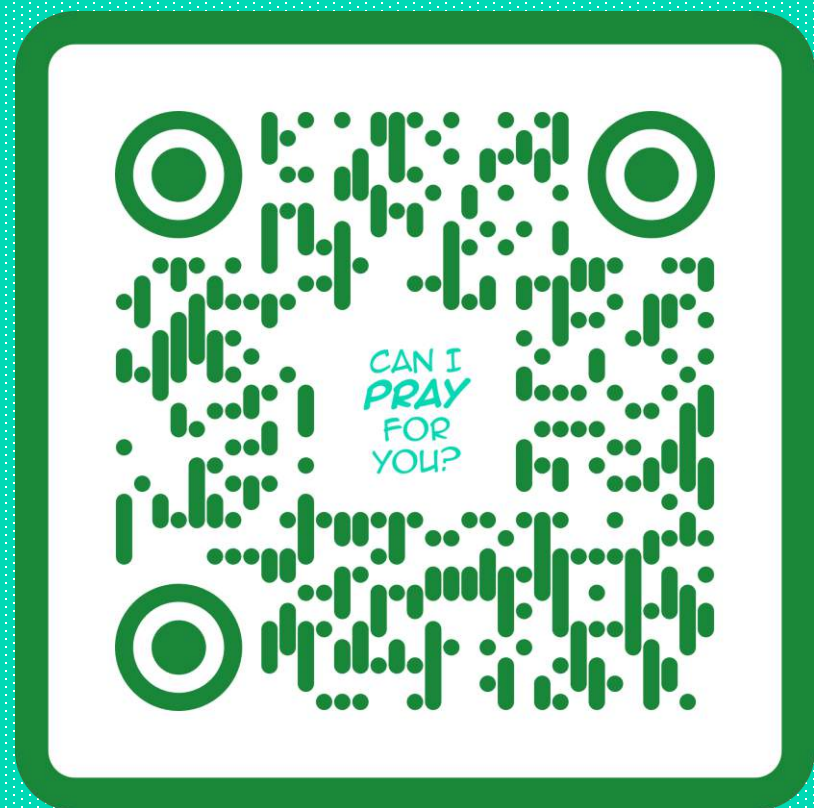
祷告
祝福
你?

caniprayforyou.today
#caniprayforyou



caniprayforyou.today
#caniprayforyou

Share your testimonies with us
at [bbtc.sg/cipfy2026!](https://bbtc.sg/cipfy2026)



caniprayforyou.today
#caniprayforyou

When you feel stuck

When you feel stuck

Because you have no *choice*

When you feel stuck

Because you have no *hope*

When you feel stuck

Because you have no *future*

UPCOMING SERMON TOPICS

7-8 February 2026

When Something is Missing

14-15 February 2026

When You Need a Miracle

21-22 February 2026

When You Feel Stuck

28 February-1 March 2026

When You are Facing Giants

7-8 March 2026

When It Seems Impossible

14-15 March 2026

When You Cannot See a Way Forward

21-22 March 2026

Open Topic

28-29 March 2026

When All You See is Darkness

3 April 2026 - The Price of Love

4 April 2026 - The Case for Christ

5 April 2026 - When All Seems Lost

UPCOMING SERMON TOPICS

7-8 February 2026

When Something is Missing

14-15 February 2026

When You Need a Miracle

21-22 February 2026

When You Feel Stuck

28 February-1 March 2026

When You are Facing Giants

7-8 March 2026

When It Seems Impossible

14-15 March 2026

When You Cannot See a Way Forward

21-22 March 2026

Open Topic

28-29 March 2026

When All You See is Darkness

3 April 2026 - The Price of Love

4 April 2026 - The Case for Christ

5 April 2026 - When All Seems Lost

John 5:1-9

¹ After these things there was a feast of the Jews, and Jesus went up to Jerusalem.

² Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes.

³ In these lay a multitude of those who were sick, blind, lame, and withered, [waiting for the moving of the waters;

⁴ for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.]

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “Get up, pick up your pallet and walk.”

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

John 5:1-9

¹ After these things there was a feast of the Jews, and Jesus went up to Jerusalem.

² Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes.

³ In these lay a multitude of those who were sick, blind, lame, and withered, [waiting for the moving of the waters;

⁴ for an angel of the Lord went down at **certain seasons** into the pool and stirred up the water; whoever then **first**, after the stirring up of the water, stepped in was **made well** from whatever disease with which he was afflicted.]



John 5:1-9

¹ After these things there was **a feast of the Jews**, and Jesus went up to Jerusalem.

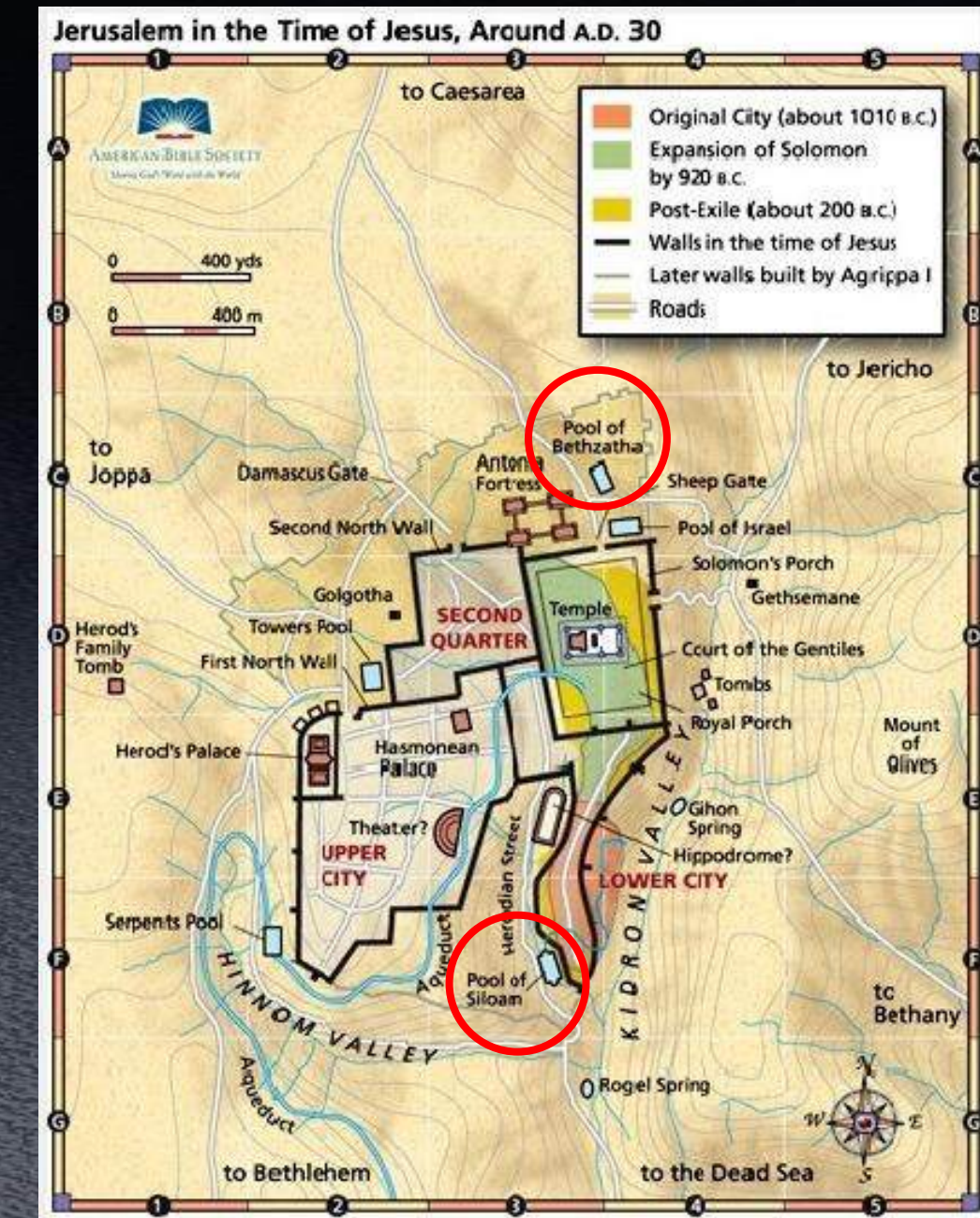
² Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes.

³ In these lay **a multitude** of those who were sick, blind, lame, and withered, [waiting for the moving of the waters;

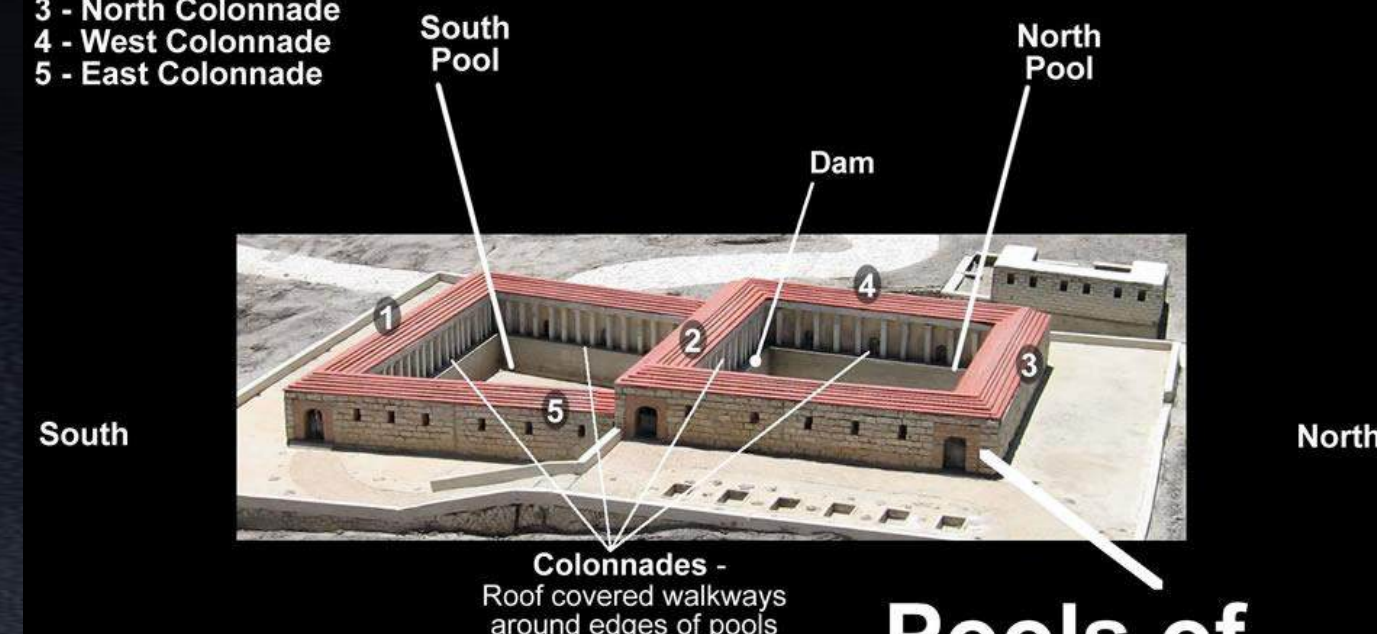
⁴ for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.]

John 5:1-9

- 1 After these things there was **a feast of the Jews**, and **Jesus went up to Jerusalem**.
- 2 Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes.
- 3 In these lay **a multitude** of those who were sick, blind, lame, and withered, [waiting for the moving of the waters; for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.]



Five Colonnades -
1 - South Colonnade
2 - Middle Colonnade on Dam
3 - North Colonnade
4 - West Colonnade
5 - East Colonnade



"Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades."
- John 5:2

Pools of Bethesda
30-70 AD

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “Get up, pick up your pallet and walk.”

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, “*Do you wish to get well?*”

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “Get up, pick up your pallet and walk.”

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

→ **The man has been there for 38 years.**

He was stuck there for a long time.

He had no *choice*, no *hope* and no *future*.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, “*Do you wish to get well?*”

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “Get up, pick up your pallet and walk.”

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long

time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, *“Sir, I have no man to put me into the pool when*

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “Get up, pick up your pallet and walk.”

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.



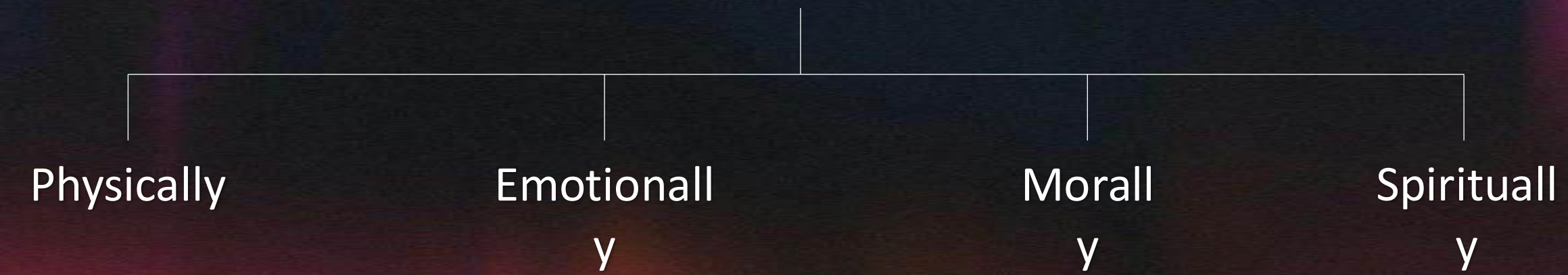
I am a victim of
poor parenting.

I am being pushed
around. I have no choice!

I can't help it.
I am just like that.

My life is like that
because of these bad
things.

Do you wish to get well?



To say "yes" would mean to take up the responsibilities and demands of life.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long

time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, **“Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.”**

⁸ Jesus said to him, *“Get up, pick up your pallet and walk.”*

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long

time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, *“Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me.”*

⁸ Jesus said to him, *“Get up, pick up your pallet and walk.”*

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, “*Do you wish to get well?*”

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, “**Get up, pick up your mat, and walk.**”

⁹ Immediately the man became well and took up his mat and walked. Now it was the Sabbath on that day.

I will get you up if you'll get up.

I will enable you to pick up your bed if you'll pick it up.

I will help you to walk if you'll walk.

Philippians 2:12-13

¹² So then, my beloved, just as you have always obeyed, not as in my presence only, but now much more in my absence, work out your salvation with fear and trembling;

¹³ for it is God who is at work in you, both to will and to work for His good pleasure.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, **“Get up, pick up your mat, and walk.”**

⁹ Immediately the man became well and walked. Now it was the Sabbath on that

I will get you up if you'll get up.

I will enable you to pick up your bed if you'll pick it up.

I will help you to walk if you'll walk.

John 5:1-9

⁵ A man was there who had been ill for thirty-eight years.

⁶ When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, *“Do you wish to get well?”*

⁷ The sick man answered Him, “Sir, I have no man to put me into the pool when

the water is stirred up, but while I am coming, another steps down before me.”

⁸ Jesus said to him, **“Get up, pick up your pallet and walk.”**

⁹ Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day.

You may feel stuck with *who* you are or *where* you've been placed.

But God invites you to look to Him.
He says, "I can do something with your life."

John 5:10-16

¹⁰ So the Jews were saying to the man who was cured, *“It is the Sabbath, and it is not permissible for you to carry your pallet.”*

¹¹ But he answered them, *“He who made me well was the one who said to me, ‘Pick up your pallet and walk.’”*

¹² They asked him, *“Who is the man who said to you, ‘Pick up your pallet and walk’?”*

¹³ But the man who was healed did not know who it was, for Jesus had slipped away while there was a crowd in that place.

¹⁴ Afterward Jesus found him in the temple and said to him, *“Behold, you have become well; do not sin anymore, so that nothing worse happens to you.”*

¹⁵ The man went away, and told the Jews that it was Jesus who had made him well.

¹⁶ For this reason the Jews were persecuting Jesus, because He was doing these things on the Sabbath.

John 5:10-16

¹⁰ So the Jews were saying to the man who was cured, *“It is the Sabbath, and it is not permissible for you to carry your pallet.”*

¹¹ But he answered them, *“He who made me well was the one who said to me, ‘Pick up your pallet and walk.’”*

¹² They asked him, *“Who is the man who said to you, ‘Pick up your pallet and walk’?”*

¹³ But the man who was healed did not know who it was, for Jesus had slipped away while there was a crowd in that place.

¹⁴ Afterward Jesus found him in the temple and said to him, *“Behold, you have become well; do not sin anymore, so that nothing worse happens to you.”*

¹⁵ The man went away, and told the Jews that it was Jesus who had made him well.

¹⁶ For this reason the Jews were persecuting Jesus, because He was doing these things on the Sabbath.

John 5:14

Afterward Jesus found him in the temple and said to him, *“Behold, you have become well; do not sin anymore, so that nothing worse happens to you.”*

Two possible reasons:

1) PAST SIN

Something he did 38 years earlier may have contributed to his physical condition.

2) PRESENT SIN

Even in sickness, he could be in sin – committing the sin of envy, bitterness or resentment. Worse still, a paralysed will that refuses to do something about his condition.

John 5:10-16

¹⁰ So the Jews were saying to the man who was cured, *"It is the Sabbath, and it is not permitted for you to carry your mat."*

¹¹ But he answered them, *"Pick up your pallet and walk."*

¹² They asked him, *"Pick up your pallet and walk."*

¹³ But the man who had been cured for Jesus had slipped away.

¹⁴ Afterward Jesus found him in the temple and said to him, *"Behold, you have become well; do not sin anymore, so that nothing worse happens to you."*

¹⁵ The man went away, and told the Jews that it was Jesus who had made him well.

¹⁶ For this reason the Jews were persecuting Jesus, because He was doing these things on the Sabbath.

"My friend, you've been weak-willed. You've given in to this sickness. You've let this sickness conquer you."

"Look, together we've mastered this thing, so don't slip back. Don't be weak anymore. Go ahead in my strength from now, or something worse could happen."

DON'T STAY "STUCK".

1. Stop Blaming.

Stop making excuses.

Stop pointing at others.

Instead, start taking responsibility.

2. Start "Will-ing".

Start seeing Jesus.

Fix your eyes on Him, and not on your situation.

Obey His Word.

COME BLESS THE LORD

6 MARCH • FRIDAY • 8PM

DON'T STAY "STUCK".

1. Stop Blaming.

Stop making excuses.
Stop pointing at others.
Instead, start taking responsibility.

2. Start "Will-ing".

Start seeing Jesus.
Fix your eyes on Him, and not on your situation.
Obey His Word.



SCAN TO DOWNLOAD
THE READ.40 E-COPY

Matthew 8:26

He said to them, “Why are you afraid, you men of little faith?”
Then He got up and rebuked the winds and the sea,
and it became perfectly calm.

