

WALKING IN HIS FOOTSTEPS

How God Changes Me

Getting Started

If you could go back and make one change in your life which of the following would you change?

- I would change my athletic ability
- I would change my body type
- I would change my hair
- I would change my height
- I would change where I grew up
- I would change my education
- I would change _____

For most of us, there are thought patterns or habits that we have tried to change for years but have been unsuccessful. Why do you think that is?

If someone approached you and asked “What advice would you give me about making a lasting change in my life” what would you tell them?

Going Deeper

Take a moment to talk about the message from Sunday. What did God speak to you most through the message?

Take a moment to read [John 5:1-15](#). What ideas or thoughts jump out at you from this story in the life of Jesus?

Take a moment to discuss the following lines from this passage. Talk about the significance of each of them.

“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?”

“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.”

Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.”

The phrase “get well” in this passage actually means “to be made whole.” Take a moment to read the following verses about how Jesus wants to make us whole.

[John 10:10](#)

[1 Thessalonians 5:23](#)

In this story, this man goes to the pool for healing. His hope is that he can lift himself up, that he can beat the next person into the pool. His hope for healing is completely dependent on his ability to help himself. How do you see this same kind of behavior in the people around you? How do you see this in yourself?

Jesus is the one that can provide healing in this mans life. Can you think of an area in your life where you tried on your own only to realize that Jesus was your only hope?

Is there any area of your life where you need God’s power to make you whole right now?

Read over this passage from [Matthew 11:28](#) (The Message Translation).

Matthew 11:28,

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

What word or phrase best describes you right now?

What thought or principal from these verses gives you the most hope?

True wholeness is found at the foot of the Cross. We can keep working and working for grace and trying to prove to God that we are good enough or we can walk with him and let him renovate our hearts completely.

Here is the question for us today.

“What is the pool in my life? What am I going to for wholeness?”

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