

Walking with Jesus

John 5

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John, the Apostle, the *“one whom Jesus loved,”* wrote His narrative, his story, his experience, *“so that you might believe.”*

“But these are written so that you may continue to believe that Jesus is the Messiah, the Son of God, and that by believing in him you will have life by the power of his name.” (John 20:31)

Believe in whom? In Jesus, who is the Christ, the Messiah. John wrote stating seven Names or titles of Jesus, all introduced in chapter one.

1. The Lamb of God (v. 29)
2. Messiah (v. 30 & 41)
3. Lamb of God (v. 36)
4. Rabbi (v. 38)
5. Son of God
6. King of Israel! (v. 49) (Nathaniel’s proclamation)
7. Son of Man (v. 51)

The Seven “Signs”

- Water into wine (John 2:1-11)
- Healing a royal official’s son (John 4:46-54)
- Healing a disabled man (John 5:1-15)
- Feeding 5,000 (John 6:1-14)
- Walking on water (John 6:16-21)
- Healing a man born blind (John 9:1-12)
- Raising Lazarus from the dead (John 11:1-43)

Basic pattern in chapters 2-12, Jesus performs a sign or makes a claim, people misunderstand or get angry... and have to make a decision about Him.

1. Jesus Heals

“⁵ One of the men lying there had been sick for thirty-eight years. ⁶ When Jesus saw him and knew he had been ill for a long time, he asked him, “Would you like to get well?”

⁷ “I can’t, sir,” the sick man said, “for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me.”

⁸ Jesus told him, “Stand up, pick up your mat, and walk!”

⁹ Instantly, the man was healed! He rolled up his sleeping mat and began walking! But this miracle happened on the Sabbath...” (John 5:5-9)

Jesus Heals... Jesus is still healing... physically, emotionally, mentally, and spiritually.

My story of Healing:

Wounding, trauma, Fight, flight, freeze, or fawn.

Building Walls of Defense.

Living out of Narrative – the story we tell ourselves.

The Gospel of Jesus Christ changes our:

– **Perspective** - a shift of focus from old to new.

– **Identity** - who we truly are, at our core... which are our values that determine our actions... 100% of the time.

– **Calling** - what is our purpose in life...

Jesus Breaks the Rules - Sabbath

Origin: Genesis 2:2: God rested on the seventh day.

Law: Exodus 20:8-11.

⁸ “Remember to observe the Sabbath day by keeping it holy. ⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the Lord made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested. That is why the Lord blessed the Sabbath day and set it apart as holy.”

Tradition: The Pharisees added 39 categories of un-permitted work.

“If a man removed his finger-nails by means of his nails or his teeth, and so, too, if (he pulled out) the hair of his head, or his mustache, or his beard; and so, too, if a woman dressed her hair or painted her eyelids or reddened (her face) such a one (Rabbi) Eliezer declares liable (to the sin offering).” (The Mishnah, Hebert Danby (Oxford, England: Oxford University Press, 1933, p. 110.)

Grace: The early church identified the day of Jesus resurrection as the day of worship, and Emperor Constantine officially made Sunday a day of worship. We live by grace and the Sabbath means “rest.” Sabbath is more of a principle than a legalistic day. We all need times of rest, and when paired with Fasting there is a very clear need for giving up something, turning our focus and attention back to God in praise, worship, prayer, and resting in Him!

“Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.” (Mark 2:27)

2. Jesus Is...

a) Jesus is always working v. 17.

b) Jesus is equal with God v. 19. (In relationship with the Father, seeing and doing.)

c) Jesus is life-giver (gives life –power over death) v. 21.

d) Jesus is power (has power to judge) v. 22.

e) Jesus is eternal life (offers eternal life) v. 24

f) Jesus is resurrection (promises resurrection, to all. Those who listen, eternal life; those who don't, judgment v. 29.

Key Questions:

- Do you want to be healed?
- Do you believe?
- What OLD NARRATIVES do you need to stop believing?
What are you willing to give up?
- What NEW NARRATIVES do you want to start believing?