

A silhouette of a person walking away from the viewer, centered in the frame. The person is wearing a dark jacket and pants. The background is a dark gradient with a bright light source behind the person, creating a glow and lens flare effect. Overlaid on the person's back is the text "THIS QUESTION IS FOR YOU" in a large, white, serif font.

# THIS QUESTION IS FOR YOU

## What Do You Want Me to Do for You?

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### Leader Notes

#### **OVERVIEW:**

Welcome back to our series, 'This Question is FOR YOU"! In this series we are exploring 4 questions Jesus asks us. These questions Jesus asks are designed to get us thinking about who Jesus is and how we can follow him well. Today's question is - What do you want me to do for you? In asking us what we want him to do for us, Jesus is inviting us to express our deepest needs and desires. This question can also be seen as a call to trust in Jesus and believe that he has the power to meet our needs. As believers, we should be willing to bring our needs and desires to Jesus in prayer. We should also be open to accepting his will and trusting that he knows what is best for us, even if it may not be what we initially desire. Today's question teaches us to expect to experience his grace and blessing in our lives.

#### **ICEBREAKER:** I Had a Dream!

Think back to when you were a kid, or maybe your years as a young adult. What did you dream about your future? Did you dream about who you would be, like maybe an athlete or artist? Did you dream about where you would live and what your life would be like? Share your dream with the group!

## STUDY:

“‘What do you want me to do for you?’ Jesus asked.  
‘Teacher, the blind man said, ‘I want to see!’”  
Mark 10:51 NLT

For the first part of our study, we'll explore the story of Jesus' encounter with a paralyzed man at the Pool of Bethesda. As you read this story, consider how Jesus' question prompts you to consider your answer. Do I truly desire Jesus' healing and transformation in my life?

**READ** John 5:1-9 Jesus Asks a Paralytic - Do You Want to Be Healed?

1. What are your initial thoughts and reactions to this account?
  - What stands out to you? What questions do you have?
2. Why do you think Jesus approached this particular man?
  - What does this tell us about Jesus' desire for our lives?

**LEADER NOTE:** The paralytic Jesus approaches had suffered with his condition for 38 years. This man had likely given up hope of ever being healed. The miraculous healing he had been looking for had never come. Jesus approached this particular man out of compassion for him, to give him opportunity to be freed from his paralysis. Jesus also approached him to introduce this man to a Saviour who could give him ultimate healing by freeing him from the destruction of sin and death. Jesus' desire for our lives is to experience his grace and blessing in our lives through a living, dynamic relationship with him.

3. In verse 6, Jesus asks the man, "Do you want to be healed?"
  - What might be some reasons why the man would hesitate to say "yes"?

**LEADER NOTE:** At first glance, this seems like a strange question - wouldn't everyone want to be healed? But think about it more deeply: what might be some reasons why the man would hesitate to say yes? In a strange way, this man may have taken some comfort in his malady. He had lived with it for 38 years. It had become part of his identity. To be healed would be to move into the unknown - to experience life in a way he had long forgotten. There may have been some fear there. This man likely had given up hope that he could be healed. He may have hesitated because he did not want to open his heart and trust, only to be let down one more time.

4. In verse 7, instead of a clear “yes” or “no,” the man offers an excuse for why he hasn’t been healed yet.

- How might we be like this man, offering excuses or justifications for why we aren’t experiencing the healing or transformation we desire in our own lives?

**LEADER NOTE:** In verse 7 we read the paralytic’s answer to Jesus’ question – “I can’t.” It is hard to see past our circumstances and believe that Jesus can make possible what seems impossible. Our negative self-talk and attitudes can keep us from experiencing the healing or transformation God longs to bring to our lives.

- Sometimes our baggage and disfunctions become strange comforts to us. Is it possible that sometimes we are actually comfortable in our discomfort?

**LEADER NOTE:** It is easy to become comfortable in something less than God’s plan for us. Sometimes we resist his change for us, even when the change would be good. Why might we do this? Well, our baggage and disfunctions can provide us with a sense of identity. If we are honest, we may need to admit we hesitate to let go of them. Jesus’ question can bless us with opportunity for some deep and honest reflection. To what degree am I comfortable in my brokenness? Do I really want to be healed?

5. When the man does finally get up and walk, he does so without knowing who Jesus is (v. 13-14). It’s not until later that he learns that the one who healed him is the Son of God (v. 15).

- How might this inform our understanding of what it means to have faith in God’s healing power?

**LEADER NOTE:** Jesus’ encounter with the paralytic reminds us we do not need to know everything about God before we can experience his healing in our lives. Jesus knows our fears and doubts. He doesn’t expect us to deny that we struggle to believe. He embraces us even when our faith in him is weak. He asks us to simply trust in him that he will work out his best plan in our lives.

## APPLYING JESUS’ QUESTION TO MY LIFE

6. Sometimes what we want is tempered by what we believe. For example, we don’t often desire the impossible because we don’t believe God can miraculously work in our lives.

- What might help you trust that Jesus can bring good, seemingly impossible, lasting change to your life?

**LEADER NOTE:** In order to trust someone, we need to get to know them. Getting to know God involves learning about who he is and what he has done in the past. We do this as we read the accounts in the bible about how he has related with other people. Particularly, as we read about Jesus and then converse with him in prayer we discover his unconditional love for us and his power to transform our lives. This is how we grow our trust in him.

7. Think about a situation in your life where you feel “stuck” or in need of healing. It might be a physical ailment, a pattern of behavior or thinking, a relationship, or a spiritual struggle. In light of this story, ask yourself honestly: do you want to be healed? Why or why not?

- What might you be holding onto that is preventing you from experiencing the transformation you desire?

8. Reflect on the idea that Jesus asks us to investigate our desires. What do we want, and why do we want it? How might our desires be influenced by our past experiences, our fears, or our beliefs about ourselves and the world? How can we discern which desires are healthy and which ones might be holding us back from experiencing the fullness of life that God desires for us?

## **PRAY:**

Father, thank You for being a God who loves us. Thank You for your plan for our lives. Today we have been thinking about Jesus’ question – “Do you want to be healed?” We’ve learned that your plan for us is to heal and transform our lives. Help us to see areas in our lives where we may be resisting your life-changing power. Please give us the courage and faith to act on what we believe about You. Help us to trust more fully in your power to change us for your glory. Jesus, help us to know you more and to give ourselves more fully to You. Thank You for hearing our prayer. AMEN.