

# 5 Day Devotional

## Day 1: The Question That Changes Everything

### Devotional

Imagine lying by a pool for 38 years, watching others receive healing while you remain stuck in the same condition. Then a stranger approaches and asks what seems like an obvious question: "Do you want to get well?" This wasn't a question born from ignorance - Jesus knew exactly what He was doing. He was cutting through years of resignation, disappointment, and perhaps even comfort with the familiar struggle.

This question pierces through our surface-level responses and reaches into the depths of our hearts. How often do we say we're fine when someone asks how we're doing, even when we're carrying heavy burdens? We've become experts at wearing masks, putting on brave faces, and using coping mechanisms that help us survive but don't actually heal us.

Jesus asks this same question of each of us today. He sees past our defenses and knows that sometimes we've grown so accustomed to our struggles that the thought of real change feels overwhelming or even unwanted. True wellness requires us to be honest about our condition and genuinely desire transformation, not just temporary relief.

The beautiful truth is that Jesus asks this question because He has the power to bring about the healing we need. He doesn't ask to embarrass us or point out our weaknesses, but to invite us into a deeper relationship where real change is possible. When we're ready to move beyond just managing our problems and truly want to experience the abundant life He offers, that's when miracles begin.

### Bible Verse

"Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. 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?'" - John 5:1-6

### Reflection Question

What areas of your life have you grown comfortable with that might actually need Jesus's healing touch?

## **Quote**

Do you want to get well? What a question. Think about that question. And what would your response be?

## **Prayer**

Lord Jesus, help me to be honest about the areas in my life where I need Your healing. Give me the courage to move beyond just coping and truly desire the wellness You want to bring into my life. Open my heart to receive Your transforming power. Amen.

## Day 2: Breaking Free from the 'If Only' Game

### Devotional

We all play games that keep us from experiencing true wellness, and one of the most common is the "if only" game. If only I had more money, if only my spouse would change, if only I had a different job, if only my health was better - then everything would be fine. This game keeps us focused on external circumstances rather than the internal transformation God wants to bring about.

The man at the pool had been playing this game for decades. When Jesus asked if he wanted to get well, his immediate response wasn't "yes" but rather an explanation of why he couldn't be healed - if only someone would help him into the pool when the water was stirred. He had become so focused on his assumptions about how healing should happen that he almost missed the miracle standing right in front of him.

Assumptions and miracles don't operate in the same circles. When we're locked into our limited understanding of how God should work, we can miss the extraordinary ways He wants to move in our lives. Our "if only" thinking often prevents us from seeking God and recognizing His mysterious work happening all around us.

God's ways are higher than our ways, and His solutions often come in forms we never expected. Instead of waiting for our circumstances to align perfectly, we need to shift our focus to the One who can work miracles regardless of our situation. True wellness begins when we stop limiting God to our assumptions and start trusting in His unlimited power to transform our lives in ways we never imagined possible.

### Bible Verse

"Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love." - 1 Corinthians 16:13-14

### Reflection Question

What assumptions about how God should work in your life might be preventing you from experiencing His miraculous power?

### Quote

Assumptions and miracles don't run in the same circles. We can assume things and not seek God in his work, his mysterious work.

## Prayer

Heavenly Father, forgive me for limiting You to my own understanding. Help me to release my "if only" thinking and trust in Your perfect timing and methods. Open my eyes to see the miracles You want to perform in my life today. Amen.

## Day 3: Escaping the Blame Game

### Devotional

When life doesn't go according to our plans, it's natural to look for someone to blame. The man at Bethesda had perfected this art - "No one will help me get into the pool." For 38 years, he had pointed fingers at others for his continued condition. Sound familiar? We blame our parents, our circumstances, the government, our employers, and sometimes even God for the challenges we face.

The blame game is seductive because it temporarily relieves us of responsibility and makes us feel justified in our struggles. We can blame God, asking why He allows bad things to happen, questioning His love when we see suffering in the world. But here's the profound truth: God saw all the brokenness and pain in this world, and it did break His heart. His response wasn't indifference - it was the cross.

When we're stuck in blame, we're essentially saying that our healing depends on someone else changing first. But Jesus offers us a different path. He doesn't minimize our pain or dismiss the real hurts others may have caused us. Instead, He offers us the power to break free from the cycle of blame and step into the healing He provides.

The cross demonstrates that God has already done something about the brokenness in this world. He didn't wait for us to get our act together or for circumstances to improve. He acted out of love, providing a way for true healing and restoration. When we stop playing the blame game, we can finally receive the healing that's been available to us all along.

### Bible Verse

"As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore."  
- Psalm 125:2

### Reflection Question

Who or what have you been blaming for your current struggles, and how might releasing that blame open the door for God's healing in your life?

### Quote

We can move into that area where we blame God, saying, God, why did you allow this to happen? But we can't end up in that place where we say, well, I don't know if I can believe in God, you know, all the bad stuff going on in the world. If God really loved this world when he saw all this bad stuff, wouldn't it break his heart? Wouldn't he do something? He did. It's called the cross.

## **Prayer**

Lord, I confess that I've been stuck in the blame game. Help me to release the resentment and finger-pointing that keeps me bound. Thank You for the cross, which shows Your love and provides the healing I need. Help me to take responsibility for my part and trust You with the rest. Amen.

## Day 4: You Matter More Than You Know

### Devotional

Perhaps the most destructive game we play is the "I don't matter" game. After 38 years of being overlooked, the man at Bethesda had convinced himself that nobody cared about his situation. This lie whispers to us in our darkest moments: "You're invisible, forgotten, worthless." It's a big bully that tries to define our identity by our circumstances rather than by God's truth about who we are.

But Jesus consistently demonstrated the opposite through His actions. He came to the broken, the locked up, the poor, the bruised, and those with special challenges. He didn't seek out the powerful or popular - He sought out people just like you and me. His very presence at that pool, His attention to one forgotten man among many, speaks volumes about how much each person matters to Him.

The enemy wants us to believe we're defined by what's wrong with us, but Jesus refuses to let our flaws or failures become our identity. He sees beyond our brokenness to our potential. He looks past our mistakes to our worth. In His sight, you are the apple of God's eye, more than a conqueror, sought after, a joint heir, a child of God - worth dying for.

This isn't just positive thinking or empty encouragement. This is the truth about how the Creator of the universe sees you. When you feel invisible or forgotten, remember that Jesus, the friend of sinners, gives immense value to each and every one of us. Your struggles don't diminish your worth; they make you a perfect candidate for His transforming love.

### Bible Verse

"As he went along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' 'Neither this man nor his parents sinned,' said Jesus, 'but this happened so that the works of God might be displayed in him.'" - John 9:1-3

### Reflection Question

In what ways have you allowed your struggles or circumstances to define your worth, and how does knowing that Jesus sees you as precious change your perspective?

### Quote

Look, you're the apple of God's eye. You're more than a conqueror. You're sought after. You are joint heir. You are a child of God. You are worth dying for. That's how God looks at us.

### Prayer

Dear Jesus, thank You for seeing me as valuable and worthy of Your love. Help me to reject the lie that I don't matter and embrace the truth of who I am in You. Show me how to see myself through Your eyes of love and compassion. Amen.

## Day 5: Get Up and Walk in Wellness

### Devotional

After 38 years of waiting, the moment of truth arrived. Jesus didn't perform a lengthy ritual or require the man to prove his faith first. He simply said, "Get up! Pick up your mat and walk." This command required the man to do something that seemed impossible - to act as if he were already healed before he felt the healing.

True wellness isn't just about feeling better; it's about faithful obedience that flows from gratitude for what God has done. The man had to get up, take responsibility for his life, and trust Jesus even when it seemed impossible. He had to stop wallowing in his condition and start walking in his healing.

What is that thing you're carrying around that's holding you back? Maybe it's bitterness, fear, shame, or a victim mentality that has become so familiar it feels like part of your identity. Jesus is saying to you today: "Get up!" Don't let what's wrong with you define you any longer.

Wellness includes taking action steps of faith, even when we don't feel ready. It means picking up the mat - the thing that represented our limitation - and walking forward in obedience. This obedience doesn't flow from obligation but from gratitude for what Christ has already done for us. He came into this world to die and rise for you and me, even before we asked. That's the gospel at its core.

As you step into this new week, remember that God isn't finished with you yet. All things are possible with Him. The question remains: Do you want to get well? If so, it's time to get up and walk in the wellness He provides.

### Bible Verse

"Then Jesus said to him, 'Get up! Pick up your mat and walk.' At once the man was cured; he picked up his mat and walked." - John 5:8-9

### Reflection Question

What specific step of faith is God calling you to take today to walk in the wellness He has provided for you?

### Quote

A sign of wellness is obedience. And obedience flows not because I have to. Obedience flows from gratitude.

## Prayer

Lord Jesus, I choose to get up and walk in the wellness You provide. Help me to release what has been holding me back and step forward in faith and obedience. Thank You for Your grace that makes all things possible. Give me strength to walk in the healing You've given me. Amen.