



Our Talk It Over is designed to prompt insights and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week. It's also a great tool for individual reflection.

Warm Up

What's something you've put off doing not because it was impossible, but because you just couldn't seem to get started?

Discuss

1. The man at the pool had been stuck in the same place for 38 years. What are some reasons people can remain "stuck" emotionally, mentally, or spiritually, even when they want things to change?
2. Jesus told the man to stand up and walk. While Jesus did what only he could do, the man still had to respond. What's one area of your life where you sense it's time to take a small step instead of waiting for perfect conditions?
3. The religious leaders focused on the man carrying his mat instead of celebrating that he had been healed. Why is it so easy to notice what's "wrong" with someone instead of recognizing the good that's happening in their life?
4. Jesus entered a place filled with pain and isolation instead of avoiding it. Who in your workplace, neighborhood, school, or family might be quietly carrying a burden that others don't see? What could it look like to show them compassion this week?
5. Sometimes we pray for God to change our circumstances, while God is inviting us to change our response. How can we discern the difference between faithfully waiting on God and simply avoiding the next step we know we should take?



Apply

This week, identify **one area where you've been feeling stuck**. Ask yourself, "What's one small step I can take today?" Whether it's making a phone call, asking for help, beginning a difficult conversation, spending time in prayer, or serving someone else, take that step and trust Jesus to do what only he can do.

Pray

Jesus, thank you for meeting us where we are, even when we feel discouraged, overwhelmed, or stuck. Give us the courage to take the next right step, the wisdom to trust you with what we cannot control, and hearts that notice and care for people who are hurting. Help us reflect your compassion everywhere we go. Amen.