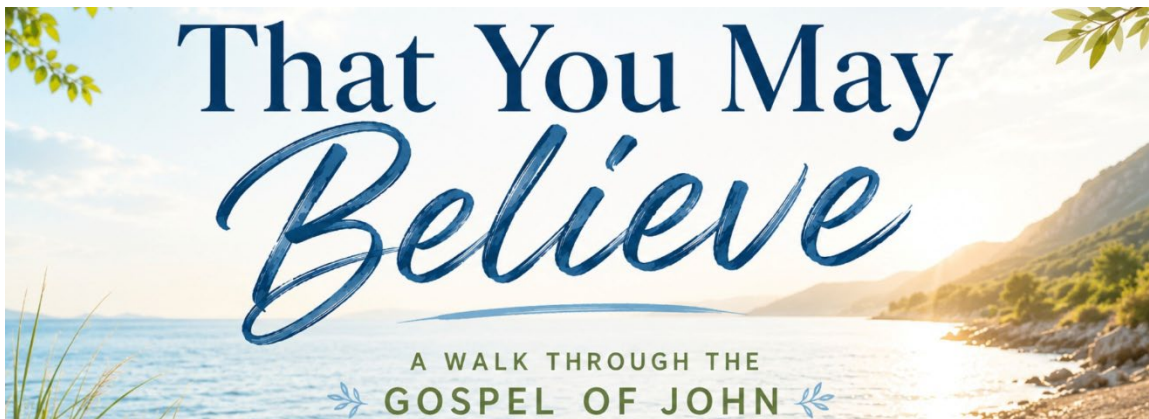




That You May Believe: A Walk Through the Gospel of John - Wk 6

(John 5)

Sunday, July 5, 2026

5-Day Devotional: Rising From Your Mat

Day 1: Would You Like to Get Well?

Reading: John 5:1-9

Devotional: Jesus asked the paralyzed man a penetrating question: "Would you like to get well?" After 38 years of affliction, this should have been obvious. Yet the man responded with excuses rather than a simple yes. How often do we do the same? Jesus stands before us, offering freedom from the burdens we've carried for years—sins, failures, disappointments, or broken relationships. Instead of accepting His healing, we explain why change is impossible. Today, Jesus asks you the same question. Your circumstances may seem insurmountable, but He isn't asking about your ability to change yourself. He's asking if you're willing to receive what only He can give. Will you answer with faith or excuses?

Reflection: What "mat" have you been lying on? What excuses keep you from accepting Jesus' offer of healing and freedom?

Day 2: The Power of His Voice

Reading: John 5:19-23

Devotional: When Jesus told the paralyzed man to "get up," He spoke with divine authority that made the impossible possible. The same voice that spoke creation into existence spoke healing into this man's broken body. Jesus claims equality with God the Father, declaring that He does only what the Father does and possesses absolute authority to give life and execute judgment. This isn't arrogance—it's truth. The voice that commanded, "Stand up, pick up your mat, and walk" is the same voice that can speak freedom over your deepest struggles. His authority hasn't diminished. What seemed impossible in your own strength becomes effortless when Jesus speaks. The question isn't whether He can heal you, but whether you'll listen and obey when He does.

Reflection: Where in your life do you need to hear Jesus' authoritative voice? What would obedience to His command look like today?

Day 3: Don't Let Your Past Define You

Reading: 2 Corinthians 5:17; Isaiah 43:18-19

Devotional: The paralyzed man's condition had become his identity. For 38 years, he was defined by what he couldn't do. His mat represented his prison, his limitation, his accepted fate. But Jesus didn't see him as "the paralyzed man"—He saw him as someone ready to walk. When Christ enters your life, your past no longer defines you. Old failures, sins, and disappointments don't determine your future. You are a new creation. The enemy wants you to believe that your history disqualifies you from God's purposes, but Jesus specializes in writing new stories. The man who spent decades on a mat became a walking testimony of divine power. Your transformation will be noticed too. Stop identifying with your mat and start walking in your new identity.

Reflection: What labels from your past have you accepted as permanent? How does knowing you're a new creation in Christ change your perspective?

Day 4: When the World Wants to Keep You Down

Reading: John 5:10-16; Romans 8:31-39

Devotional: After 38 years of seeing this man paralyzed, the religious leaders' first response to his healing wasn't celebration—it was criticism. They focused on the mat he was carrying rather than the miracle he was experiencing. When Jesus brings transformation to your life, not everyone will celebrate. Some will try to keep you on your mat, reminding you of rules, past failures, or why you don't qualify for blessing. But notice: Jesus specifically told the man to carry his mat on the Sabbath. He was declaring His authority over legalistic tradition. When people question the change in your life, point them to Jesus. You don't need to defend yourself or explain away your past. Simply testify: "The One who healed me told me to walk." If God is for you, it doesn't matter who stands against you.

Reflection: Who in your life struggles to accept the changes Jesus has made in you? How can you respond with grace while staying faithful to Christ's call?

Day 5: Witnesses to His Identity

Reading: John 5:31-39; Hebrews 11:1-6

Devotional: Jesus provided multiple witnesses to His identity: John the Baptist's testimony, His miraculous works, God the Father's voice, and the Scriptures themselves. He offers overwhelming

evidence that He is who He claims to be. Yet the religious leaders, who studied Scripture daily, missed Him standing right in front of them. They were so entrenched in tradition and self-righteousness that they couldn't recognize the very God they claimed to serve. Don't let religious activity replace genuine relationship with Jesus. The Scriptures aren't meant to be an end in themselves—they point to Christ. His miracles, His teachings, His resurrection all declare His divine authority. The same Jesus who healed the paralyzed man offers you complete restoration today. The evidence is sufficient. The question is: will you believe?

Reflection: What witnesses to Jesus' identity are most compelling to you? How can you move from intellectual knowledge about Jesus to experiential relationship with Him?

Closing Prayer: Lord Jesus, thank You for speaking authority over every burden, sin, and struggle in my life. Help me to stop making excuses and simply respond in faith when You call me to rise. May my transformation point others to Your power and grace. I choose to walk in the freedom You've purchased for me. Amen.