



### Introduction:

- While rock climbing alone in Blue John Canyon, Utah, an 800-pound boulder fell on Aaron Ralston's hand, pinning him to the side of the mountain and leaving him stranded for 5 days.
- On the morning of day 6, in absolute desperation to survive, Aaron cut off his arm, repelled 65 feet down the mountain and hiked 6 hours before being rescued.
- Many of us are a lot like Aaron. We have some "infirmity" that has fallen over us and we can't seem to get out from under its devastating weight. Nothing we try seems to bring us the freedom we so desperately need.
- There was a man in the Bible who was pinned up against the rocks due to a physical infirmity. Nothing he tried could free him of his suffering. Then one day, Jesus came and asked the man, "Do you want to be healed?"
- Today, Jesus is still asking those of you crushed by the weight of poor decisions and sinful habits, "Do you want to be healed?" You may not like His solution, but the choice is yours; either stay where you are, or experience His rescue and the freedom that goes with it.

### Jesus Asks the \_\_\_\_\_ of Us.

Then Jesus told him, "Get up..." (John 5:8)

The man's reasoning must have followed something like this:

- I have no ability to "get up" \_\_\_\_\_.
- If Jesus is telling me to get up, He must intend to do something to \_\_\_\_\_.

- Therefore I must decide to \_\_\_\_\_.

*At this critical juncture of his thinking, the man's faith was transferred from his own efforts to Jesus' efforts... And the moment the man's will agreed with the Lord's will, the power was there to get up.*

[www.raystedman.org/new-testament/john/do-you-want-to-get-well](http://www.raystedman.org/new-testament/john/do-you-want-to-get-well)

### Then He Insists We Remove All Possibility of a \_\_\_\_\_.

*"...Take up your bed..." (v. 8b)*

*"And if your hand causes you to sin, cut it off. It is better for you to enter life crippled than with two hands to go to hell, to the unquenchable fire" (Mark 9:43).*

*There are moments in life when we need to burn the ships to our past. We do so by making a defining decision that will eliminate the possibility of sailing back to the old world we left behind. You burn the ships named Past Failure and Past Success. You burn the ship named Bad Habit. You burn the ship named Regret. You burn the ship named Guilt. You burn the ship named My Old Way of Life.*

Mark Batterson, **All In**, p. 52

*But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires (Romans 13:14).*

### Finally, Jesus Provides \_\_\_\_\_.

*"...and walk" (v. 8c).*

*...let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith... (Hebrews 12:2)*

*He has said, "I will never leave you nor forsake you" (Hebrews 13:5).*

### Conclusion:

Do you want to be healed?

\_\_\_\_\_!