

A silhouette of a person performing a handstand against a sunset sky. The person is on the left side of the frame, with their legs extended vertically upwards. The sky transitions from a deep orange at the bottom to a pale blue at the top. The text "Challenging Norms" is written in a white, cursive font on the right side of the image.

# Challenging Norms

*A Loved Disciple Series*

A silhouette of a person performing a handstand is visible on the left side of the image. The background is a gradient from dark blue at the top to orange and yellow at the bottom, suggesting a sunset or sunrise. The text is overlaid on this background.

# A Sabbath Healing

(John 5:1-15 NIV)

*Challenging Norms*

# A Sabbath Healing

<sup>1</sup>Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. <sup>2</sup>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.

<sup>3</sup>Here a great number of disabled people used to lie—the blind, the lame, the paralyzed.

# A Sabbath Healing

# A Path To Wellness

<sup>5</sup>One who was there had been an invalid for thirty-eight years. <sup>6</sup>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?”

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# A Sabbath Healing

# A Path To Wellness

7“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

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A silhouette of a person performing a handstand against a sunset background. The person is on the left side of the frame, with their arms extended upwards and their legs tucked under. The background shows a gradient from dark blue at the top to orange and yellow at the bottom, suggesting a sunset or sunrise over water.

# A Sabbath Healing

# Do The Courageous

<sup>8</sup>Then Jesus said to him, “Get up! Pick up your mat and walk.” <sup>9</sup>At once the man was cured; he picked up his mat and walked.

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# A Sabbath Healing

## Face Detractors

The day on which this took place was a Sabbath, <sup>10</sup>and so the Jewish leaders said to the man who had been healed, “It is the Sabbath; the law forbids you to carry your mat.”

<sup>11</sup>But he replied, “The man who made me well said to me, ‘Pick up your mat and walk.’”

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# A Sabbath Healing

## Face Detractors

<sup>12</sup>So they asked him, “Who is this fellow who told you to pick it up and walk?”

<sup>13</sup>The man who was healed had no idea who it was, for Jesus had slipped away into the crowd that was there.



# A Sabbath Healing

## Sharing Jesus

<sup>14</sup>Later Jesus found him at the temple and said to him, “See, you are well again. Stop sinning or something worse may happen to you.”

<sup>15</sup>The man went away and told the Jewish leaders that it was Jesus who had made him well.

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