



## Get Up – Pick Up - Walk

### John 5: 1-15

We always take it for granted the gift that our Father in heaven has given us. Though we were not worthy enough, He showed us His mercy and blessed us with His grace. This passage talks about the mercy and grace he showed to the invalid who laid besides the pool of Bethesda waiting for a turn to get healed over 38 years but was unsuccessful. In versus 5 Jesus himself approaches the invalid and asked him if he would like to get healed. The invalid had not answered him back with a simple “yes” or “no”, but gave him an excuse that he had been trying for 38 years to jump into the lake when it was stirred but always failed to jump in first hence never got healed.

He had lost his hope completely of getting healed but Jesus said to him “Get up, pick up your mat and walk”. Miracles are done to prove the power of our Lord. Here Jesus says “get up” to the invalid, this means that even if Jesus heals us, we are not completely cured unless we get up and follow through. Then Jesus told him “take your mat” – if the man stayed on his mat then he would have clinged onto his past as the mat acted as a chain bounding him to his problems and creating in him the despair and hopelessness. Lastly, Jesus said “and walk” – this means to leave behind our despair and problems and follow Him who gives us the strength to face all problems and overcome our despair.

This is what Jesus Christ did for us on the cross he didn’t ask if we wanted to be saved nor did he test our faith rather he just gave us the salvation that we did not deserve. We are the invalids to whom God showed mercy and gave us his grace when we were not worthy. He just

sees if we have the desire to be healed. He then commands us to **get up, take our mat and walk**. Unless we willingly do **not get up**, we will never be able to give up our old ways and if we do **not walk**, we lay behind pursuing the same old ways. Finally, in verse 14 where Jesus said to the man “**stop sinning** or something worse may happen”. This is a warning for all of us not to go back to our old ways which kept us in sinning and breaking the bond with Jesus. God wants us to have a Christ centered life and not a self-centered life. God wants us to be successful in every turn our life and this is possible when we do things according to our Fathers desire.

- Let us get up from the mat which is binding us to the sins and weaknesses and failures of this world.
- Let us be strong enough to pick up and face the challenges that comes along in our lives.
- Let us leave behind the sinful past life and walk victorious with Jesus.

When we remove our sight from distractions and problems and focus on God, we will be able to grow more in him. May God Bless us all...

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