

Sermon Series: Becoming Like Jesus


Healed and Healing | John 5:1-17


Ohana Group Discussion Questions: Week of February 8th, 2026

OVERVIEW

In John 5:1-15, Jesus engages a man trapped in decades of suffering, bringing healing through His authoritative word and inviting him to step into new life through obedience. After the healing brings conflict with the religious leaders, Jesus later finds the man in the temple and warns him to turn away from sin, pointing to a deeper concern for spiritual wholeness.

OHANA TIME!

 **Icebreaker:** What is the longest line or wait you remember being in—and what made it worth it (or not)? **Or** On a scale of 1–10, how comfortable are you with sudden change? What makes change hard or exciting for you?

 **Activity:** Plan a get-together with your group!

PRAYER

Pray: “Lord Jesus, as You have shown us grace and truth, heal what is broken in us and shape us to walk in obedient, transformed lives that reflect Your heart. Amen”

BIBLE: READ JOHN 5:1-17

1. What details stand out to you about the man's condition and situation (his illness, length of suffering, and location)?
2. What do you notice about how Jesus initiates the interaction? What does He do—and what does He not do?
3. How does the man describe his situation? With hope or with hopelessness?
4. Jesus tells the man to “*Get up, pick up your mat, and walk.*” What risks or challenges might obedience have involved for the man?
5. What miracle has just taken place, and what do the teachers of the law choose to focus on instead?
6. How might Jesus' words in verse 14 reshape the man's understanding of what it means to be truly “well”?
7. How does Jesus call upon believers today to partnership in His work of healing?

APPLICATION

1. When asked if he wanted to be healed, the man explained *why he couldn't*. Where in your life have you grown accustomed to brokenness, delay, or disappointment? When Jesus invites change in your life, do you tend to respond with faith—or with explanations? What excuses, fears, or self-protective narratives might be keeping you stuck?
2. Jesus commands the man to act before there is proof it will work. Where might Jesus be calling you to obedience that feels premature, risky, or illogical? What would trusting Jesus look like *before* you feel ready or confident?

