

Hope for the Helpless

(John 5:1-9)

“It’s okay for the Christian to feel helpless,
but never hopeless.” Charles Stanley

We have Community Groups throughout the Denver Metro Area. You can find a listing of these groups online at www.fbc.org. Simply scroll over “Ministries” and then click on “Community Groups.” For more information or questions, please contact Marla Ketter at 303.424.2121, ext. 92407 or marla.ketter@fbc.org

Helpless: “Unable to help oneself; powerless; impossible to control one’s circumstances.”

Hope: “The anticipation of something good. The confident expectation of God’s faithfulness.”

**Please feel free to come down to the front
for prayer after service.**

“...pray for one another...” James 5:16

When I feel helpless, I need to...

1. Reject self-reliance (Vs. 5-6)

- This man became so focused on one solution he was unable to see God's solution.
- I need to give up control.
- I need to avoid spiritual legalism.

2. Reject self-pity (Vs. 7)

- Self-pity results from focusing exclusively on self rather than God.
- Self-pity leads to blaming others.
- Blame is an attempt to escape responsibility.
- I can reject self-pity by practicing "look around" therapy.

How does Jesus help us when we are helpless? (Vs. 8)

"*Get up*" – Jesus challenges us to do the very thing we cannot do for ourselves.

"The first essential towards receiving the power of Jesus is the intense desire for it...if in our inward heart we are well content to stay as we are, there can be no change for us...the desire for better things must be surging within us."
William Barclay

"*Take up your mat*" - Jesus removed the temptation to go back.

"*Walk*" - Jesus expected continued success.

"Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Isaiah 40:28-31 (NIV)