

# LESSON 1

## ANCHOR 1

Make the decision to get well from my problems and brokenness and admit that I do a terrible job at playing God.

*John 5:5-6 A man was there who had been sick for thirty-eight years. Jesus saw him lying there, and He knew that the man had been sick for such a long time; so He asked him, "Do you want to get well?"*

### PRAY

Ask God to speak to you as you read His Word. Ask the Holy Spirit to give you a revelation of God's truth and love and give you understanding of what you are about to read. Pray that you will have an Encounter with God as you earnestly seek Him. Don't rush through reading everything and don't rush through praying. Take some time to stop and listen so you may hear anything God wants to say to you.

After you read the scriptures, ask:

- "God, what are You saying in these scriptures?"
- "God, what are You saying to me in these scriptures?"
- "God, how do You want me to apply this to my life?"

Write in your journal as you spend this time with God.

Read the account of Jesus healing a lame man at the pool of Bethesda, **John 5:1-15**.

Focus on **John 5:5-6**—Jesus asked the man if he wanted to get well. It seems like a strange question, but is it really? Do you think everyone is willing to do as Jesus tells them in order to be healed from whatever adversity they are experiencing in life? Are you? The question Jesus posed is relevant, "Do you really want to get well?". Anchor 1 encourages you to make the decision to get well from your problems and brokenness and stop trying to do what only God can do in your life and circumstances. You must decide if you want to get well and allow God to do that in whatever way He chooses.

Read **Genesis 3** to help you understand how everything and everyone in this world is broken. Adam and Eve sinned against God and they became ashamed and tried to hide and run away from Him. We inherited that same sin nature from Adam and Eve. We also tend to feel shame and guilt and try to hide from God and run away from Him because of our sin. Ask yourself, "When and where have I tried to do God's job in my life and ended up sinning against Him, myself and others? How did that work out for me and others around me? Am I willing to admit that I do a terrible job at playing God?".

Read **Psalm 32**. David gets honest with God about his own sin. It reads a lot like an inventory of David taking an assessment of his life and how he got to be where he was. We also have issues we need to get real and honest about, both with ourselves and before God. Ask yourself, "What do I

need to acknowledge about myself and confess to God?"

Read **Exodus 20:3-4**. God's first commandment is that we should have no other gods before Him. A proper understanding of that would be to acknowledge Him as the one true God and not allow anyone or anything to take His place of worship and deity in our lives. When we allow our circumstances and our desires to cause us to look to ourselves or to others for answers, we can often end up trying to do God's job and making a false god or idol out of someone or something other than God. Ask yourself, "Have I made an idol out of someone or something in my life? How have I played God by looking to others or trying to do His job?"

As mentioned previously, **PRAY** about getting honest with yourself and with God. Ask Him to reveal anything and everything that may be hindering you from making the decision to get well. Read **James 4:4-8** and **1 Peter 5:6-11**. Humility precedes all blessings, renewal and healing. Pride stops all blessings, renewal, and healing. Be humble and honest with yourself and with God. You may have been fooling yourself, but you were never really fooling God. He sees your condition and He knows. He still wants to heal you.

Finally, read the parable of the lost son in **Luke 15:11-24**. In this parable, the younger son was prideful in his arrogance, greed and ignorance. He thought he could control his life much better than his father could. It resulted in disaster as his bad decisions forced him to scrounge for food among the pigs he had been reduced to feeding. But, he finally came to his senses and decided there was a much better way to live than wallowing in the mud with pigs. Even his father's servants lived better than he did. He decided to humble himself before his father. And to his great surprise, his father welcomed him with open arms. In fact, his father saw him from afar as he was returning home and his father ran to him and showed great compassion toward his son. That is exactly what our Father in heaven does for us when we come to our senses and decide that we want to get well. When we humble ourselves before Him and admit that we have tried to do His job and have messed up terribly, His response is grace and forgiveness. What great compassion the Father has for His children!

## **QUESTIONS FOR YOU:**

1. From what things do I need to get well? Be as authentic and as real as you can be.
2. What do Jesus' words "get up, pick up your mat, and walk" mean for me?
3. What is broken in my life?
4. How has shame and guilt affected me?
5. What would honesty with myself, with others and with God look like?
6. How am I playing God?
7. How have I broken the first commandment?
8. What would my being humble look like?
9. For what trials do I need wisdom?