

DECEMBER REFLECTION 2019

Jesus Heals an Invalid at Bethesda

Invocation *(Make the sign of the cross as the leader prays the invocation.)*

Leader: + Lord, open my lips.

All: ***And my mouth shall declare your praise.***

Psalm 103 *(Pray antiphonally.)*

Bless the LORD, my soul;

all my being, bless his holy name!

Bless the LORD, my soul;

and do not forget all his gifts,

Merciful and gracious is the LORD,

slow to anger, abounding in mercy.

He will not always accuse,

and nurses no lasting anger;

He has not dealt with us as our sins merit,

nor requited us as our wrongs deserve.

For as the heavens tower over the earth,

so his mercy towers over those who fear him.

As far as the east is from the west,

so far has he removed our sins from us.

The LORD has set his throne in heaven;

his dominion extends over all.

Bless the LORD, all his creatures,

everywhere in his domain.

Bless the LORD, my soul!

Scripture *After this, there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem at the Sheep Gate a pool called in Hebrew Bethesda, with five porticoes. In these lay a large number of ill, blind, lame, and crippled. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; while I am on my way, someone else gets down there before me." Jesus said to him, "Rise, take up your mat, and walk." Immediately the man became well, took up his mat, and walked.*

Now that day was a sabbath. So the Jews said to the man who was cured, "It is the sabbath, and it is not lawful for you to carry your mat." He answered them, "The man who made me well told me, 'Take up your mat and walk.'" They asked him, "Who is the man who told you, 'Take it up and walk'?" The man who was healed did not know who it was, for Jesus had slipped away, since there was a crowd there. After this Jesus found him in the temple area and said to him, "Look, you are well; do not sin any more, so that nothing worse may happen to you." The man went and told the Jews that Jesus was the one who had made him well.

John 5:1-15

(Pause for a few moments to meditate on the reading before sharing the reflection.)

Reflection *Jesus' question, "Do you want to be made well?" (Greek: hugies = whole) has an implication. Inner spiritual healing! Modern medical research has proved that unhealthy feelings and emotions contribute to physical ailments. Usually these are the emotional after-effects of harmful experiences. Resentment, anger, bitterness, frustration, disappointment, suppressed grief blocks the flow of God's healing. Some people blame the cause instead of believing in God. You need to forgive and let go of past hurts and stop carrying the baggage with you and allow God to heal your inner being. Physical healing will flow immediately.*

<https://www.virtualpreacher.org/sermon-outlines/healing-paralytic-bethesda/>

Prayer *May the Lord open our eyes to know Jesus personally, as one who knows us, and has compassion on us, and is sovereign over our body and our soul, and the one who has come with saving and healing power first for the sake of our holiness, and then finally for the sake of our everlasting health. Amen.*

<https://www.desiringgod.org/messages/healed-for-the-sake-of-holiness>

Sign of the Cross

