



Desire and Healing: Lessons from the Pool of Bethesda



Explore Jesus' question, 'Do you want to be well?'
and its profound meaning on desire, faith, and
healing in John 5:1–15.



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Introduction

Welcome to this 7-day study on desire and healing as seen through one of Jesus' most profound encounters: the Healing at the Pool of Bethesda found in John 5:1–15. Healing stories in the Gospels are more than miracles; they are windows into Jesus' character and invitations for deep spiritual reflection about *desire*, faith, and restoration.

In this particular story, we find a man who had been invalid for 38 long years, waiting for healing at the pool where many believed the waters had life-changing power. Into this scene, **Jesus asks a piercing question**: “Do you want to be well?” It is not just about physical healing, but challenges us to consider the posture of our heart. Is our desire for wholeness and transformation sincere? Are we ready to take steps when grace and healing come our way?

This study invites you to walk alongside this man, to wrestle with your own desires, doubts, and responses to Jesus' invitation. Over seven days, we will explore the context of this healing, the cultural and spiritual significance of the pool, the man's response, and the broader messages Jesus gives about faith, grace, and restoration. You will be encouraged to reflect deeply and pray sincerely, asking yourself profound questions about your own readiness to be healed in spirit, mind, and body.

Whether you are seeking physical healing, emotional restoration, or spiritual renewal, this passage offers transformative insights. May this study inspire



you to encounter Jesus anew and discover the fullness of life He desires for you.





Day 1: The Setting of the Healing



Your Verse

John 5:1–3 – "After this there was a festival of the Jews, and Jesus went up to Jerusalem."

Supporting Scriptures

- *Jeremiah 17:14 – "Heal me, LORD, and I will be healed; save me and I will be saved..."*
- *Psalms 6:2 – "Have mercy on me, LORD, for I am faint; heal me, LORD, for my bones are in agony."*



Devotional: Understanding the Healing Place and Its Hope

John 5 begins with Jesus attending a Jewish festival in Jerusalem, where He visits the Pool of Bethesda. This pool was known for having many disabled people, hoping for healing when the waters were stirred. The setting reveals much about ancient beliefs and human longing for restoration.

It's important to understand the cultural and spiritual backdrop: many thought the pool held divine healing power that activated during moments of disturbance. Disabled people waited, often for years, hoping to be the first in the water. The atmosphere was one of hope mingled with desperation.

This setting reflects the universal human condition—desiring healing, waiting for change, sometimes caught in prolonged suffering. How often do we find ourselves in waiting places, yearning for breakthroughs? Jesus enters this scene not just physically but spiritually, ready to confront deeper questions about desire, faith, and true healing.



Reflect and Apply

1. What does the setting of the Pool of Bethesda teach us about human hope and waiting?

2. How might cultural beliefs about healing influence how people approach Jesus?

3. In what ways have you experienced a 'waiting place' in your life?



Journaling Prompts

1. Describe a time when you longed deeply for healing or change but had to wait.

2. Reflect on what 'hope' means to you in your current season.

3. Write about how environments or cultures shape your expectations of God's intervention.



Day 1: 🌊 The Setting of the Healing

Prayer for Today

Lord Jesus, thank You for meeting us where we are—in the midst of our waiting, longing, and hope. Help me to recognize the places in my life where I'm waiting for healing or breakthrough. Teach me to trust Your timing and Your methods, even when I don't understand them fully. Open my heart to receive Your presence in every season, and give me patience as I look toward Your healing touch. *Amen.* 🙏💙✨🕊️





Day 2: 🧑 The Man with a 38-Year Story



Day 2: 🧐 The Man with a 38-Year Story

Your Verse

John 5:5 - "One who was there had been an invalid for thirty-eight years."

Supporting Scriptures

- *Psalm 40:1 - "I waited patiently for the LORD; he turned to me and heard my cry."*
- *Lamentations 3:25 - "The LORD is good to those whose hope is in him..."*



Day 2: 🧐 The Man with a 38-Year Story

Devotional: Enduring Hope Through Decades of Struggle

Thirty-eight years is a lifetime. The man John highlights endured decades of disability—likely defining his daily reality. Imagine the physical and emotional toll of such a long struggle and the hope that might flicker or fade over time.

This verse challenges us to consider the weight of long-term suffering. The man's identity had been shaped by his limitations, and perhaps by the disappointment of repeated opportunities missed.

Yet, being present at the pool means something—in that moment, hope and healing intersect. What resilience kept him there, and what belief sustained his presence? This invites us to examine our own stories of endurance and how God's timing intersects with our pain.



Day 2: 🧐 The Man with a 38-Year Story

Reflect and Apply

1. How do you relate to the long-term struggles this man faced?

2. What sustains your hope during extended seasons of difficulty?

3. In what ways does Jesus' awareness of this man's story encourage you?



Day 2: 🧐 The Man with a 38-Year Story

Journaling Prompts

1. Write about a difficult season that has lasted a long time and what helped you endure.

2. Reflect on how time changes your perspective on suffering and healing.

3. Describe moments when hope surfaced unexpectedly during hardship.



Day 2: 🧐 The Man with a 38-Year Story

Prayer for Today

Dear Jesus, You see my struggles, even the ones that feel endless. Grant me strength to endure and faith to believe in Your healing power, even when the wait feels long. Help me to trust that You are working in my story, offering hope and renewal. May I find rest in Your presence and courage to keep moving forward. *Amen.* 🙏❤️⌚✨





Day 3: ? Jesus' Question: Do You Want to Be Well?



Day 3: ? Jesus' Question: Do You Want to Be Well?

Your Verse

John 5:6 - "When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, 'Do you want to be made well?'"

Supporting Scriptures

- *Psalm 139:1 - "You have searched me, LORD, and you know me."*
- *Jeremiah 29:13 - "You will seek me and find me when you seek me with all your heart."*



Day 3: ? Jesus' Question: Do You Want to Be Well?

Devotional: Facing the Heart's True Desire

Jesus' question is both simple and profound: "Do you want to be made well?" It confronts the man's desire head-on. Healing is offered, but first, a reflection on personal desire is required.

At first glance, the question seems obvious—we would all want to be well. But with a deeper look, it may challenge us to consider how deeply we really want transformation. Do we desire healing for comfort, change, or something more? *Jesus asks us this today as well.*

This question invites honest self-examination. Sometimes we cling to our current condition out of fear, identity, or habit. Sometimes we aren't ready to receive healing because it means change, risk, or stepping out of our comfort zone.



Day 3: ? Jesus' Question: Do You Want to Be Well?

Reflect and Apply

1. What does Jesus' question reveal about the importance of desire in healing?

2. Are there ways you resist healing or transformation? Why?

3. How does your answer shape your openness to Jesus' work in your life?



Day 3: ? Jesus' Question: Do You Want to Be Well?

Journaling Prompts

1. Write honestly about your desire for healing or change—what excites or holds you back.

2. Reflect on fears or habits that might prevent you from embracing wholeness.

3. Consider how Jesus' question applies to areas beyond physical healing in your life.



Day 3: ? Jesus' Question: Do You Want to Be Well?

Prayer for Today

Lord Jesus, your question challenges me to be honest with my own desires. Help me to open my heart fully to what You want to do in me. Strengthen my willingness to be made whole, even if it means change or stepping into the unknown. I surrender my fears and doubts, trusting in Your perfect love.

Amen. 💬 ❤️ 🌿 ✨





Day 4: 💛 Jesus' Invitation to Action



Day 4: 🧡 Jesus' Invitation to Action

Your Verse

John 5:8 - "Then Jesus said to him, 'Get up! Pick up your mat and walk.'"

Supporting Scriptures

- *James 2:17 - "Faith by itself, if it is not accompanied by action, is dead."*
- *Philippians 2:12 - "...work out your salvation with fear and trembling."*



Day 4: 🧡 Jesus' Invitation to Action

Devotional: Faith in Action Enables Healing

Jesus doesn't simply heal with words; He calls the man to active participation: 'Get up! Pick up your mat and walk.' Healing here is not passive; it involves obedience and trust.

This reminds us that faith often requires movement, intentional decision-making, and stepping out even before full clarity or perfect confidence.

The man's obedience is a vital part of his healing journey. Jesus invites us to act on faith, to take the steps God calls us to, even when we cannot see the whole path.

Healing and restoration may require us to leave behind old comforts or identities and to embrace new life courageously.



Reflect and Apply

1. What actions might Jesus be inviting you to take right now?

2. How do obedience and faith work together in your experience?

3. In what ways can stepping out in faith bring transformation?



Day 4: 🧡 Jesus' Invitation to Action

Journaling Prompts

1. Identify an area where God is calling you to act on your faith.

2. Reflect on past experiences where obedience led to growth or healing.

3. Write about the fears or challenges you face when asked to 'get up and walk.'



Day 4: 🧡 Jesus' Invitation to Action

Prayer for Today

Jesus, give me courage to respond actively to Your call. Help me trust You enough to take the first step, even if the whole journey is unclear. Teach me to live in obedience, knowing that Your power completes what I cannot. Let my faith be alive and transformative. *Amen.* 🙏👤🔥💪





Day 5: 🙏 Healing Beyond the Body



Day 5: 🙏 Healing Beyond the Body

Your Verse

John 5:14 - "See, you are well again. Stop sinning or something worse may happen to you."

Supporting Scriptures

- *Isaiah 53:5 - "...by his wounds we are healed."*
- *Psalms 103:2-3 - "Praise the LORD... who forgives all your sins and heals all your diseases."*



Day 5: 🙏 Healing Beyond the Body

Devotional: Embracing Holistic Healing in Christ

Jesus' healing was not just physical but also spiritual. After healing, He cautions the man to stop sinning, indicating that some afflictions relate to deeper brokenness.

This teaches us that true healing encompasses soul restoration alongside body renewal. Sometimes physical illness symbolizes or results from spiritual struggles.

Jesus invites the whole person into wholeness—mind, body, and spirit. Healing becomes a holistic restoration, including forgiveness, repentance, and transformation.

Reflect on your own life areas where sin, guilt, or brokenness might need healing beyond the physical.



Day 5: 🙏 Healing Beyond the Body

Reflect and Apply

1. How does this passage expand your understanding of healing?

2. Are there spiritual areas in your life needing attention alongside physical healing?

3. What might 'something worse' imply for unaddressed brokenness?



Day 5: 🙏 Healing Beyond the Body

Journaling Prompts

1. Write about a time when spiritual healing affected your physical or emotional health.

2. Reflect on what it means to be fully restored in body and spirit.

3. Consider areas where you need forgiveness or repentance for deeper healing.



Day 5: 🙏 Healing Beyond the Body

Prayer for Today

Lord, heal all parts of me—body, mind, and soul. Help me to repent where needed and accept Your forgiveness and restoration. May Your holistic healing bring freedom and new life. Guide me away from sin and towards Your cleansing grace. *Amen.* 🙏❤️🌿✍️





Day 6: ✨ Encountering Jesus in Faith



Day 6: ✨ Encountering Jesus in Faith

Your Verse

John 5:15 - "The man went away and told the Jews that it was Jesus who had made him well."

Supporting Scriptures

- *Romans 10:17 - "Faith comes from hearing, and hearing through the word of Christ."*
- *2 Corinthians 5:17 - "Therefore, if anyone is in Christ, the new creation has come."*



Day 6: ✨ Encountering Jesus in Faith

Devotional: Testifying to Jesus' Healing Power

The healed man's next step was testimony—sharing the source of his healing with others. Encountering Jesus brings transformation worth proclaiming.

Faith is not simply private; it naturally overflows in telling others about Jesus' work in our lives. This encourages a community of hope and invites others to experience similar healing.

Your story of healing, big or small, has power. By sharing it, you participate in God's redemptive work and inspire faith in others.



Reflect and Apply

1. How has encountering Jesus changed your life story?

2. What does your testimony reveal about your faith journey?

3. In what ways can sharing your experience bless others?



Journaling Prompts

1. Write the story of a moment when Jesus brought healing or change to your life.

2. Reflect on how sharing your faith has impacted you or others.

3. Consider ways you can be more intentional about testifying to God's work.



Day 6: ✨ Encountering Jesus in Faith

Prayer for Today

Jesus, thank You for the healing You have brought me. Help me to boldly share my story and give glory to You. Use my testimony to encourage others and strengthen faith. May my life be a living witness to Your grace and power.

Amen. 🙏📢🔍🙌





Day 7: ❤️ Living in Wholeness and Grace



Day 7: ❤️ Living in Wholeness and Grace

Your Verse

John 5:16 - "So, because Jesus was doing these things on the Sabbath, the Jewish leaders began to persecute him."

Supporting Scriptures

- *Galatians 5:1 - "It is for freedom that Christ has set us free."*
- *John 8:36 - "So if the Son sets you free, you will be free indeed."*



Day 7: ❤️ Living in Wholeness and Grace

Devotional: Embracing Freedom Through Jesus' Grace

The man's healing brought freedom but also conflict, as Jesus' actions challenged religious norms. True wholeness sometimes invites opposition because it defies expectations and legalism.

Living healed and whole means embracing grace even when misunderstood or opposed. Jesus' mission is to bring liberation that transcends rules and renews hearts.

We are called to live in the freedom Jesus offers, fully healed, confident, and empowered by His grace. This is an ongoing journey of faith that will often contrast with worldly or religious pressures.



Reflect and Apply

1. How does living in grace challenge you in your community or faith journey?

2. What does freedom in Christ mean for your daily life?

3. How can you stand firm in your healing and wholeness despite opposition?



Journaling Prompts

1. Write about a time when living out your faith led to challenge or persecution.

2. Reflect on what freedom in Christ looks like for you personally.

3. Consider ways to nurture your spiritual wholeness amidst external pressures.



Day 7: ❤️ Living in Wholeness and Grace

Prayer for Today

Lord, thank You for setting me free through Your grace and healing. Help me to walk confidently in the freedom You provide, even when it draws opposition. Fill me with strength and peace to live fully in Your love, shining Your light to others. *Amen.* 🙌 ✨ 🕊️ ❤️





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