

# VIDEO

## Intentional Series



### LESSON: FIRST STEPS TO WHOLENESS AND HEALING



#### THE POINT

Find out where to start on your journey to becoming more whole.



#### QUOTES

*Would you like to get well?*

- Jesus

#### TO-DO

Read the story of the sick man who was healed by Jesus in John 5:2-9. Hear Jesus asking you, "Would you like to get well?" Identify the area that Jesus is asking you about and respond to him as honestly and openly as you can.

Read:  
John 5:2-9  
Luke: 4:18-19

#### QUESTIONS

1 - What have you tried to fix or change in your life (maybe even made several whole-hearted attempts), and not been able to achieve? Is this something you would still like to fix or change? Pray now for each thing that comes to mind.

2 - How does the story of the man who was sick for 38 years speak to you about taking or re-taking intentional and specific steps towards wholeness in some area of your life? How does Jesus' response, calling the man to do the impossible, to pick up his mat and walk, speak to you?

# MY NOTES

## PRAYER