

TALK IT OVER

March 1, 2026

Review this week's message.

Key Scripture: [John 5:1-9](#), [Romans 6:4](#)

Start talking. Get the conversation rolling.

- What's something you tried once, failed at, and were hesitant to try again?
- Have you ever stayed in a routine you didn't love just because it was familiar?

Start sharing. Be open with your group.

- What stood out to you the most from this week's message?
- Jesus walks past a crowd of hurting people and approaches one man. What does that tell you about how Jesus sees people?
- Why do you think Jesus asks, "Would you like to get well?" What do you think He was really getting at?
- The man responds with excuses: "I can't... I have no one... Someone always gets there ahead of me." Which of those phrases feels most relatable to you—and why?
- Pastor Josh talked about how "stuck" can become part of our identity. Have you ever labeled yourself based on something painful or limiting? How does that shape the way you see your future?
- Jesus heals the man—but the man still has to stand up and walk. Where in your life might God be asking you to participate instead of just waiting?
- What is your "pool" right now?

Start praying. Be bold and pray with power.

- Pray and ask the Lord to show you where you've gotten comfortable staying stuck—and ask Him to give you the courage to stand up.

Start doing. Commit to a step and live it out this week.

- Write down your "pool" this week. Tell one trusted person. Take one clear action before next Sunday.