



RISE AND WALK ANYWAY

John 5:6 through 9 | August 9, 2026 | From the Valley to the Victory

TODAY'S WORD

A man waited thirty eight years by a pool called Bethesda, house of mercy, hoping a stirred water and a fast pair of legs would finally heal him. Jesus walked up and asked one question: do you want to be made whole? Then He gave three instructions. Rise. Take up thy bed. Walk. The healing did not come from the pool. It came from obeying Jesus, who was standing in front of him.

KEY SCRIPTURE

"Jesus saith unto him, Rise, take up thy bed, and walk. And immediately the man was made whole, and took up his bed, and walked." John 5:8 to 9 (KJV)

MAIN POINTS

1. Wilt Thou Be Made Whole

Jesus asks a question that requires a decision, not just a wish. Wanting to be free and expecting to be free are not always the same thing.

2. The Excuse That Kept Him Down

A true explanation for why you have not been healed can still become the reason you never get free.

3. Rise, Take Up Thy Bed, and Walk

Healing came through obedience, not through the water. Immediately, thirty eight years of waiting ended in a single moment.

THIS WEEK'S ACTION STEPS

- ☐ Name one true excuse you have been leaning on that has quietly become your identity
- ☐ Identify one system, routine, or ritual you have been trusting instead of trusting God directly
- ☐ Take one step of obedience this week, even if the circumstances have not changed
- ☐ Pray Isaiah 40:31 over an area where you feel worn out from waiting

REFLECTION QUESTIONS

1. What is the true explanation you have been giving for why things have not changed?
2. What system, routine, or person have you been trusting to do what only God can do?
3. What would it look like to rise and walk before every circumstance lines up?

POSITIVE AFFIRMATION

I Rise, I Walk, I Live

NOTES
