

# Choose Life

The Man by the Pool of Bethesda – John 5:1–15

WEEK 4



**Living**

**paraclesis**  
*Coming alongside others*

# Direction for the journey

*'Your life is a journey you must travel with a deep consciousness of God'*  
(1 Peter 1:18, *The Message*)

*Parakaleo* (1 Thess. 2:11–12, RSV)

**EXHORTATION:** Bringing clear spiritual direction, guidance and understanding; focused on developing wise life choices that shape behaviour patterns and life outcomes.

Exhortation is spiritual direction

# Life in a new dimension

1. *Bios*: External life (Luke 8:14)
2. *Psuche*: Internal life (Luke 9:24)
3. *Zoe*: Eternal life (John 14:6)

# The man by the pool of Bethesda

*‘Now a certain man was there who had an infirmity thirty-eight years’ (John 5:5)*

His outer world (*bios*) was:

- A busy and unpleasant place
- An uncertain and competitive place

Is this a picture of life today?

- The burden of busyness
- The challenge of choice

In his inner world (*psuche*), he had:

- Self-pity
- Given up and become passive
- Settled for a victim mentality

# The directive to change

*‘Jesus said to him, “Get up! Pick up your mat and walk”’ (John 5:8, NIV)*

1. We don't always choose what happens in life
2. We have the freedom to choose what we do with it
3. Life is a series of choices
4. We are responsible for our choices
5. Choices are always consequential
6. The loss of felt choice is not the loss of real choice
7. We can choose to live God's kind of life

*'Where is the man who fears the Lord? God will teach him how to choose the best'*  
**(Psa. 25:12, TLB)**

Pitiful or powerful?