

Do you want better?

John 5:1-10

- I. Sir Isaac Newton's "First Law of Motion" states "Everything continues in a state of rest unless it is compelled to change by forces impressed upon it!" At different times, I think we all recognize within ourselves the need for change. Yet we also recognized that the change we need is often hard to achieve.
 - a. It is easy to become comfortable with our condition/situation.
 - b. In reference to Paul's comment that he had learned to be content Matthew Henry in his commentary stated "...but in all he had learned to be content, that is, to bring his mind to his condition, and make the best of it.-I know both how to be abased and I know how to abound, (Philippians 4:12.) This is a special act of grace, to accommodate ourselves to every condition of life, and carry an equal temper of mind through all the varieties of our state."
 - c. Paul's statement is different from sitting in the same spot for 38 years waiting on excuse after excuse.
 - d. Many people want the effect of change but do not want to change.
 - e. Being healthy will often require you to change some things.
- II. The man was at a state of "rest" when Jesus came through the Sheep Gate
 - a. ³Within these lay a large number of the disabled—blind, lame, and paralyzed. John 5:3
 - b. There were many people there and Jesus left them there. Not everyone is going to be healed the SAME WAY at the SAME time.
 - c. Resting/Waiting is not necessarily a bad thing.
 - d. Good reasons to wait/rest.

1. ... waiting for the moving of the water.
2. Wait for the Lord; be strong, and let your heart be courageous. Wait for the Lord. Psalm 27:14
3. but those who trust in (Wait on) the Lord
will renew their strength; they will soar on wings like eagles; they will run and not become weary,
they will walk and not faint. Isaiah 40:31
4. ⁹Let us not get tired of doing good, for we will reap
at the proper time if we don't give up. Galatians 6:9
- e. Be careful of "bad" waiting
 1. ⁵One man was there who had been disabled for
thirty-eight years. John 5:5
 2. ³⁰I went by the field of a slacker and by the vineyard
of one lacking sense. ³¹Thistles had come up
everywhere, weeds covered the ground, and the
stone wall was ruined. Proverbs 24:30-31
 3. ⁴The slacker does not plow during planting season;
at harvest time he looks, and there is nothing.
Proverbs 20:4

III. If you want better change your Mindset.

- a. ⁶When Jesus saw him lying there and realized he had
already been there a long time, he said to him, "Do you
want to get well?" "Sir," the disabled man answered, "I
have no one to put me into the pool when the water is
stirred up, but while I'm coming, someone goes down
ahead of me." John 5:6-7
- b. I have no one... I don't own a gym, I don't have a
bicycle, I don't like the taste of the medicine, etc.
- c. The Question was Do YOU WANT to be made whole?
 1. Sometime we "go away sorrowful" ²¹ "If you want
to be perfect," ^[J] Jesus said to him, "go, sell your
belongings and give to the poor, and you will have
treasure in heaven. Then come, follow me." ²²When

the young man heard that, he went away grieving,
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2. Sometimes we "Just Go Away." ¹⁸ "But without exception^[b] they all began to make excuses. The first one said to him, 'I have bought a field, and I must go out and see it. I ask you to excuse me.'¹⁹ "Another said, 'I have bought five yoke of oxen, and I'm going to try them out. I ask you to excuse me.'²⁰ "And another said, 'I just got married, and therefore I'm unable to come.' Luke 14:18-20

IV. If you want better do something!

- a. ⁸ "Get up," Jesus told him, "pick up your mat and walk." ⁹ Instantly the man got well, picked up his mat, and started to walk. John 5:8-9
- b. Rise and take up your Bed...
 1. Do the work, and rise above "the Thing" that you have become comfortable with.
 2. ²⁶ For just as the body without the spirit is dead, so also faith without works is dead. James 2:26
- c. Do the work and rely on God's Grace.
 - ⁹ But he said to me, "My grace is sufficient for you, for my power is perfected in weakness." Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me. 2 Corinthians 12:9
- d. Go to the doctor, take the medicine, have the surgery, do the exercise, etc
 1. ¹⁰ Then Elisha sent him a messenger, who said, "Go wash seven times in the Jordan and your skin will be restored and you will be clean." 2 Kings 5:10
 2. ⁷ Lift up your heads, you gates! Rise up, ancient doors! Then the King of glory will come in. Psalm 24:7

3. ¹I lift my eyes toward the mountains. Where will my help come from? Psalm 121:1

V. If you want better rise above the critics.

a. Everyone will not be happy that you are getting better Physically, Emotionally, or Financially.

b. Sometimes "Church Folk" criticize: ⁹ Instantly the man got well, picked up his mat, and started to walk. Now that day was the Sabbath, ¹⁰ and so the Jews said to the man who had been healed, "This is the Sabbath. The law prohibits you from picking up your mat." John 5:9-10

c. Sometimes "Common Folk" criticized: ⁸ His neighbors and those who had seen him before as a beggar said, "Isn't this the one who used to sit begging?" ⁹ Some said, "He's the one." Others were saying, "No, but he looks like him." John 9:8-9

VI. Praise should be a part of Getting Better

a. Always gives God Praise for your deliverance.

- ¹² "Who is this man who told you, 'Pick up your mat and walk'?" they asked. ¹³ But the man who was healed did not know who it was, because Jesus had slipped away into the crowd that was there. ¹⁴ After this, Jesus found him in the temple and said to him, "See, you are well. Do not sin anymore, so that something worse doesn't happen to you." ¹⁵ The man went and reported to the Jews that it was Jesus who had made him well. John 5:12-15

b. ¹⁵ But one of them, seeing that he was healed, returned and, with a loud voice, gave glory to God. ¹⁶ He fell facedown at his feet, thanking him. And he was a Samaritan. Luke 17:15-16

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6 Simple Steps to a Healthier You

A new year. It's a fresh start and a time when many of us vow to make changes for the better. Unfortunately, for most of us, those promises are forgotten a few weeks after they're made. That's often because they are a bit too lofty and perhaps too hard to maintain. UR Medicine Primary Care's Dr. Louis Papa offers a few simple steps toward better health in the year ahead.

The secret to making resolutions that stick is to keep them simple. A few small changes can make a big difference in your health.

1. Shake off salt. Decrease the amount of salt you eat. Whole foods and plant-based foods are best. They are better for you and can help you decrease your blood pressure. Try to make more food at home, and stay away from prepared items and fast food. And if you can, avoid adding extra salt to your diet.

2. Lose a little. Lose weight by reducing calories and eating whole foods and plants. Even losing 10 pounds can make a big difference in your health and how you feel. And every weight-loss plan requires some exercise. It improves your chance of losing weight, your cardiovascular health, and your sense of well-being. Start by walking short distances and build on that every few days, just a little at a time.

3. Partner with your provider. Establish (or re-establish) a relationship with a primary care physician. They're the ones who should know you best—about your health history, your life and its challenges, and what specific screening exams you need at the various milestones in your life. They can assist you with tools that can help you get healthier and reduce your risk for things like heart disease, diabetes and stroke.

4. Be smoke-free. It is one of the most important things you can do. Smoking is the leading cause of preventable death and disease in the world. Not being dependent on tobacco will make you healthier, and research has shown it can make you happier.

Consider calling the New York State Smokers' Quitline at 1-866-NY-QUITS or NYsmokefree.com. The program offers plenty of information and resources available to help you quit, including options such as nicotine replacement kits.

5. Ease up a bit. Make an effort to reduce your stress. It's a part of life for everyone, but be sure you are taking measures to lessen its impact. Identify some problem areas and see what changes might help. Make time for yourself, even for a few minutes during a busy day. It could be as simple as stealing away for a quick cup of coffee. Perhaps consider meditation. There are mobile apps that can get you started.

6. Don't skimp on sleep. Adequate shut-eye allows us to better learn as we move through our day. It improves our memory. And it assists with both stress-relief and weight gain (yes, there is a correlation between both of them and lack of sleep). For adults, this means getting between seven and nine hours each night. Kids and teens need even more. It's a good idea to try and go to bed and get up at the same time each day, regardless of whether it's a work day, weekend, or you're on vacation. A regular sleep schedule is beneficial for the brain.

The key to sustaining change is starting small and building on simple successes as we move into 2019. Wishing you a healthy New Year!

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