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Get
UP

**IT'S TIME
TO MOVE**



This presentation is a call to action, a divine summons to movement drawn from John chapter 5. It is crafted to help you hear the holy command that breaks routine and awakens obedience: Get up. It's time to move. We will travel through the story of the man at Bethesda—bound by infirmity for thirty-eight years—and discover how Jesus meets us in paralysis, calls us to rise, redeems our past, and leads us into steady, forward-moving faith. This is not a mere retelling of a miracle; it is an invitation to spiritual movement, emotional restoration, and renewed obedience. As you reflect, expect God to identify where you have been stuck, name what has carried you too long, and release grace for your next step. We will honor the original sections exactly as given, while enhancing structure for clarity and impact. The Table of Contents guides our journey and sets clear expectations for each movement of the message.

Table of Contents:

01 Introduction: A Divine Command to Rise

02 Setting the Scene: Bethesda and the Broken

03 Jesus on the Move: A Faith That Refuses to Stay Still

04 Found by Grace: When Jesus Comes Looking for You

05 Will You Be Made Whole?

06 Rise: Leaving the Place of Paralysis

07 Take Up Your Bed: Redeeming Your Story

08 Walk: Faith That Moves Forward

09 Moving Into the Presence of God

10 A Call to the One: Get Up Today

INTRODUCTION: A DIVINE COMMAND TO RISE:

There are moments when heaven interrupts our routine with a holy command. Not a suggestion. Not a gentle nudge. But a clear directive from God: Get up. It's time to move. This message is rooted in John chapter 5, where Jesus encounters a man bound by infirmity for thirty-eight years. This is not merely a story of physical healing, but a summons to spiritual movement, emotional restoration, and renewed obedience.



Introduction: A Divine Command to Rise

There are moments when heaven interrupts our routine with a holy command. Not a suggestion. Not a gentle nudge. But a clear directive from God: Get up. It's time to move. This directive cuts through apathy, fear, and delay. It reminds us that spiritual life is not static. In John chapter 5, Jesus encounters a man who has been bound by infirmity for thirty-eight years. The setting is mundane, the pattern familiar, the pain longstanding—but Jesus steps into the man's cycle of waiting with a disruptive question and an empowering command. This is not merely a story of physical healing, but a summons to spiritual movement, emotional restoration, and renewed obedience. In that moment, the man is confronted not only by possibility, but by responsibility: will he rise in response to the word? Every season of stagnation ends at the sound of Jesus' voice. Where the word of the Lord is present, movement becomes possible. Where excuses have hardened into identity, the presence of God invites transformation. The Lord's call is not cruel; it is kind. It does not shame; it summons. It does not trivialize pain; it testifies that grace is greater. Today, this same word comes to us: get up. It's time to move.

This introduction frames the rest of the journey. You will see a pattern emerge: Jesus sees, Jesus speaks, and Jesus strengthens. He speaks wholeness over places we have normalized as broken. He calls for action where we have accepted passivity. He commands movement where we have built a life around immobility. The invitation is simple but profound: hear and obey. The miracle is not only in the moment of healing, but in the ongoing movement that follows. As you proceed through these slides, ask the Holy Spirit to identify the area where He is saying, Rise. Ask Him to show you the bed you must carry, the step you must take, and the place in His presence where He is leading you next.





Chapter 1: Bethesda and the Broken

Bethesda was crowded with pain. The blind, the lame, and the withered waited for the stirring of the water. Yet Jesus walked past the crowd and chose one man. God is never confused about who He is after. The pool at Bethesda becomes an image of human systems of hope—imperfect, intermittent, and inaccessible to many.

People waited for a moment, a stirring, a chance, often competing for limited mercy. But Jesus does not rely on superstition or scarcity. He meets people personally and purposefully. He does not confuse proximity to hope with possession of healing. In a multitude of needs, He moves with clarity. This selection is not favoritism; it is a revelation of grace. He chooses not because one is worthy, but because He is merciful.

Consider how pain congregates. Environments of waiting can become cultures of resignation. We learn to arrange our lives around paralysis, forming identities around conditions rather than callings. Yet Jesus steps into such spaces with authority. He asks questions that cut through narratives that keep us stuck. He is not intimidated by how long it has been or how many failures lie behind us. The presence of Jesus converts a place of delay into a site of decision.

God is never confused about who He is after. In the crowd, He sees the one. In our complexity, He sees clearly. His eye finds those who think they have been overlooked. This gives dignity to the marginalized and hope to the weary. Bethesda tells us that Jesus is not distant from human suffering; He walks into it and calls individuals by purpose, not by their pain.

Chapter 2: Jesus on the Move

Jesus was always moving. Faith that does not move eventually dies. Miracles follow those who walk, not those who wait. The ministry of Jesus is kinetic—He travels, teaches, touches, and transforms as He goes. This motion is not frantic; it is focused, directed by the Father's will. His movement exposes the myth that maturity equals comfort. In the kingdom, maturity often looks like responsiveness. The phrase follow Me assumes steps, distance covered, and choices made in real time.

Faith that does not move eventually dies because faith without works is dead. Stillness that is rooted in fear or apathy becomes spiritual atrophy. Movement awakens muscles of trust and patterns of obedience. When you start walking, clarity often meets you on the way. The Red Sea parts as Israel moves. The lepers are cleansed as they go. The man at Bethesda finds strength as he obeys. Passive waiting can masquerade as piety; Jesus calls us into active trust. Miracles follow those who walk, not those who wait for perfect conditions.

To be a disciple is to live in motion with Jesus—leaving, learning, adjusting, and advancing. This chapter challenges us to inventory where we have become stationary. Where have routines replaced responsiveness? Where has caution silenced courage? The call is not reckless haste, but Spirit-led movement. When Jesus says, Rise, He also supplies strength. When He says, Walk, He charts the way. Obedience becomes the pathway on which miracles meet us.

Chapter 3: Found by Grace

Jesus found the man before the man moved. Before obedience came grace. Jesus comes looking for you wherever you are. This is the scandal and security of the gospel: grace initiates. At Bethesda, the man does not find Jesus; Jesus finds the man. He is not healed because he mastered a method, but because Mercy Himself arrived. This reverses religious pride and disarms despair. You are not beyond the reach of God; He specializes in arriving where hope has thinned.

Before obedience came grace. This sequence matters. Grace empowers what God commands. The word of Christ carries within it the capacity to accomplish what it demands. When Jesus says, *Rise*, the very command imparts strength. When He says, *Take up your bed*, grace reframes your history. When He says, *Walk*, empowerment accompanies the instruction. We do not obey to earn grace; we obey because grace has already found us.

Jesus comes looking for you wherever you are—by pools of disappointment, in patterns of delay, under labels others have given or ones you adopted. He does not negotiate with your past; He announces your future. Found by grace means the initiative is divine, the invitation is personal, and the outcome is transformation. Let this truth quiet striving and energize obedience.

Chapter 4: Will You Be Made Whole?

CHAPTER 4: WILL YOU BE MADE WHOLE?: Wholeness is more than healing. Jesus bypassed excuses and invited transformation. Healing begins when we respond to what God is saying now. The question Jesus asks—Do you want to be made whole?—reaches deeper than symptom relief. It touches identity, desire, and readiness to change. Wholeness integrates body, soul, and spirit. It moves beyond survival and into restoration. Jesus does not merely mend what is broken; He reorders life around His presence.

Jesus bypassed excuses. The man explained why he could not reach the water, why others always moved ahead, why circumstances conspired against him. Jesus did not debate the legitimacy of his pain; He redirected his focus to the present word. The invitation to transformation often arrives as a command we can obey. Healing begins when we respond to what God is saying now, not when conditions become ideal. Delayed obedience defers breakthrough.

Wholeness requires consent. God will not force freedom upon us, but He stands ready to empower our yes. To be made whole may mean releasing narratives that have defined us, forgiving debts we have carried, or stepping into disciplines that strengthen what God heals. The man's future is unlocked by a response, not by an argument. So also with us: listen, answer, rise.

Chapter 5: Rise

Rising is painful but necessary. Remaining still guarantees decline. Movement leads to strength. After decades on a mat, rising requires new muscles, new mindset, and new meaning. The first motion can feel impossible precisely because it contradicts the story we've told ourselves. Yet the command of Jesus is accompanied by His enabling presence. When He says, Rise, He is not mocking weakness; He is imparting strength. Remaining still guarantees decline because the soul was made to respond to God. Stagnation erodes confidence and magnifies excuses. Movement, even shaky and imperfect, engages faith and awakens the body and spirit to possibility.

Rise is also a separation word. It separates you from old definitions, old dependencies, and old delays. It marks the end of agreement with paralysis. Standing up changes perspective; what looked permanent from the ground looks provisional from your feet. And as you rise, witnesses who knew your mat will see your miracle. The testimony begins at the moment of motion.

Movement leads to strength. Spiritual strength is often a consequence, not a prerequisite, of obedience. Like a healed limb regaining tone through use, faith grows as it goes. Do not wait to feel strong to start. Start to become strong.



Chapter 6: Take Up Your Bed

The bed represented the man's past. What once carried him now testified of God's power. Jesus does not tell the man to abandon his mat in shame; He instructs him to carry it as a witness. The very object that symbolized limitation becomes a sign of liberation. This is redemption: God repurposes what once defined defeat into a display of deliverance. The bed becomes a sermon without words—proof that the man no longer belongs to the place he once occupied.

Taking up your bed means owning your story without being owned by it. It is refusal to hide the past and refusal to be haunted by it. It is carrying history in a way that honors God's mercy. The enemy loves secrecy and shame; Jesus loves testimony. When you carry the mat, you are not dragging a burden—you are carrying a banner of grace. People will ask, Is that not the one who used to...? And your answer will glorify God.

What once carried him now testified of God's power. Let God show you how to steward your story. Your scars are not disqualifications; they are credentials of grace. Take up your bed and let your life preach freedom.



Chapter 7: Walk

Walking is steady obedience. Faith moves one step at a time. After rising and taking the bed, the command is not run but walk. Walking establishes rhythm, endurance, and direction. It resists extremes of sprinting in zeal and collapsing in fatigue. Steady obedience outlasts emotional spikes. The daily choice to follow Jesus accumulates into a life of fruitfulness. Small steps, taken consistently, become holy momentum.

Faith moves one step at a time. God often reveals the next step, not the entire map. This protects us from presumption and keeps us close to His voice. As you walk, you learn His cadence. You discover that setbacks are not stop signs but training grounds. The healed man's first steps were likely unsteady, but they were steps nonetheless. Heaven celebrates progress, not perfection.

Walking also implies direction. We are not wandering aimlessly; we are moving toward the presence and purposes of God. Keep walking when feelings fluctuate, when opinions oppose, and when routines tempt you to sit back down. Walk with Jesus—He sets the pace and provides the path.



Chapter 8: Into the Presence

Healing led the man to the temple. Movement must lead into God's presence. The purpose of power is presence—God heals to bring us near. The narrative shows the man later in the temple, a picture of restored worship and reordered priorities. If movement does not culminate in communion, we risk making miracles ends in themselves. Jesus moves us so we can move with Him, not merely away from pain but toward His person.

To move into the presence is to anchor victory in intimacy. We bring our healed bodies and renewed minds into rhythms of prayer, Scripture, and community. We allow the One who healed us to also lead us. The temple represents belonging—no longer outside looking in, but inside offering praise. Our steps become sacrifices of thanksgiving. Our stories become psalms of deliverance.

Movement must lead into God's presence. Keep the path clear: rise in response to His word, carry testimony without shame, and walk into communion. This is how freedom is sustained: not by adrenaline, but by abiding.



Chapter 9: A Call to the One

Jesus left the ninety-nine to find you. The heart of the Shepherd is personal. In a crowd of needs, He sees a face. In a world of noise, He hears a voice. The call to rise is not generic; it is addressed to your name, your story, your future. He is not content with statistical success; He seeks relational restoration. The gospel narrows from multitudes to one, again and again, and in that narrowing love, we discover our worth.

Jesus left the ninety-nine to find you. This means you are not the exception to grace; you are the example of it. Perhaps you have felt unseen in a sea of people or unheard in a chorus of opinions. Yet the Shepherd comes. He walks the distance, bears the weight, and brings you home. The call today is simple: Get up. It's time to move. Not because you are impressive, but because He is merciful. Not because you are strong, but because He is near.

Let this chapter close the gap between belief and response. Hear Him. Answer Him. Rise to your feet, lift your mat of memory as a testimony, and walk into His presence. The One who calls you is faithful; He will do it.





Closing Prayer

Lord Jesus, I hear Your voice calling me forward. I release fear and excuses. I choose wholeness. Amen.

As you pray, personalize the response: name the area where you will rise, identify the bed you will carry as testimony, and commit to the walk of steady obedience into His presence. Receive grace before you strive. Let the Shepherd's personal call settle your heart and strengthen your steps. Get up. It's time to move.

