

## Hope for the Helpless (part 1)

Nurses want patients to be healthy, but they can feel helpless when caring for patients who are frustrated by ineffective treatments or who have given up hope because of endless suffering. How can a nurse make a difference in a seemingly hopeless situation, or offer hope to a patient or family?

Read [John 5:1-9](#) (NIV)

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. <sup>2</sup> Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. <sup>3</sup> Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. <sup>[4] [b]</sup>

<sup>5</sup> One who was there had been an invalid for thirty-eight years. <sup>6</sup> When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

<sup>7</sup> “Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

<sup>8</sup> Then Jesus said to him, “Get up! Pick up your mat and walk.” <sup>9</sup> At once the man was cured; he picked up his mat and walked.

**Footnote:** <sup>[4] [b]</sup> [John 5:4](#) Some manuscripts include here, wholly or in part, *paralyzed—and they waited for the moving of the waters.* <sup>4</sup> *From time to time an angel of the Lord would come down and stir up the waters. The first one into the pool after each such disturbance would be cured of whatever disease they had.*

### A Nursing Assessment

- How long was this man lying by the pool? What was he waiting for? What was the source of his hope?
- What did the man’s response to Jesus’ question reveal about his attitude toward his illness and his emotional health?

### Applying the Bible to Nursing (Find [more questions](#).)

- What do you notice about how Jesus assesses and intervenes with the disabled man?
- What do you learn about caring or compassion in this story? How is Jesus a model for you?

### Putting Faith into Practice

- How do you care for patients who express unfulfilled hope or frustration with a chronic health condition?
- When you experience difficulties in life, what is your source of hope?
- If Jesus asked you if you wanted to be healed of your physical, emotional, mental or spiritual condition, what would you say? What are some of the risks that people encounter when they allow Jesus to change them?

See how Jesus follows up with this man’s care in the next study, [Hope for the Helpless \(part 2\)](#).