



STUDY 1

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? It is not just our patients that can be in hopeless situations, we can experience hopelessness as well.

What is a difficult area of your life where you feel helpless or it's hard to have hope?

READ JOHN 5:1-9 (NIV)

BACKGROUND

Shrines to gods of healing were common in the ancient world. Living with a disability was much more difficult than it is today. Many with disabilities would seek healing by going to a shrine, like in the John 5 passage, to worship and purify themselves in the shrine pool.

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. ² 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. ³ Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. ^[4] ^[b] ⁵ One who was there had been an invalid for thirty-eight years. ⁶ 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?”

⁷ “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.”

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

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Footnote: ^[4] ^[b] John 5:4 Some manuscripts include here, wholly or in part, paralyzed—and they waited for the moving of the waters. ⁴ 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.

ASSESSMENT

- What physical, emotional, social, and spiritual needs do you see in this man who can't walk? What do you think his life has been like?
- What did the man's response to Jesus' question reveal about his attitude toward his situation?
- **What do you like about the unique ways Jesus cares for this man?**

PUTTING FAITH INTO PRACTICE

- How can you care for people who express unfulfilled hope or deep frustration in a difficult situation?
- What do you tend to place your hope in? How satisfied have you been with those things?
- If Jesus invited you to place your ultimate hope and faith in him, how would you respond? **What would it take for you to trust Jesus with your life and follow him?**



MY RESPONSES

TYPE YOUR RESPONSES INTO THIS BOX!

CALL TO FAITH

A call to faith is an intentional invitation at your NCF meeting for students and nurses to respond to Jesus in several ways, including an invitation to follow him for the first time. At some point during the 8-week Bible study series, make space for a clear call to faith—inviting participants to respond to the gospel. Trust God’s leading on when and how, and feel free to extend the invitation more than once as the Spirit prompts.

BEFORE

PRAY: Ask God to move in powerful ways and pray that God will prepare hearts to respond to him.

PREPARE: Calls to faith are not something we do every meeting; practicing what you want to say can be helpful, including how you’ll transition to the response and connect it to the passage and your personal story during your meeting.

DURING

SET UP: Say something like: “As we close our discussion today, I want to create a space for us to respond to God and the hope he offers us through Jesus. We are all on a journey with Him; some of us have been with Him for a long time; we have said yes to Jesus and accepted His death on the cross as our punishment for our wrongdoing. Some of us are still curious about Jesus, and we fall everywhere in between. Tonight, we will make space for you to identify where you are in your journey with Jesus and take the next step.”

PRAY: Open in prayer, making room for silence. Ask your participants to prayerfully consider the responses on their card and choose one. End in prayer.

RESPONSE: Print the response card at the end of this bible study. Have one card printed for each person attending.

SHARE: Have people share their responses. Share yours first to break the ice.

CELEBRATE those who’ve decided to follow Jesus!

AFTER

Connect with each person about what they shared on their response card that they turned into you and invite them to take the next step.

Spend a few minutes in silence as you determine how Jesus is leading you to respond. Check one:

- ☐ **Commit my life**
I have decided to become a follower of Jesus.
- ☐ **Renew my faith**
I am already a follower of Jesus but have given Him a new area of my life. (vocation, relationships, etc.)
- ☐ **Lead with Jesus**
Jesus is calling me to take a risk for him. I am committing to: _____.
- ☐ **Seek the truth**
I am not ready to commit my life to Jesus but would like to talk with someone to learn more about Him.

Name: _____

Phone: _____

Email: _____



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