

WEEK 3 — GET UP AND GO

Scripture Reading: John 5:8–15

What God has done in your life can also transform someone else's life.

Introduction

Today, we've reached the final week of our GET UP series. During these past weeks, we've talked about comfort and the excuses that can keep us from responding to God's calling. But today, we're going to focus on something important: What happens after we hear God's Word?

In John 5, Jesus told the man to get up, pick up his bed, and walk. After 38 years of living with his illness, the man was healed. Later, Jesus found him in the temple and told him to stop sinning. Jesus cared about more than his physical condition. He also cared about his spiritual life. His encounter with Jesus was meant to affect the direction of his life. And the same principle challenges us today.

Many of us came to church because we needed something. Maybe we were going through a difficult season. Maybe we needed peace, strength, direction, or hope. Maybe we were carrying burdens that nobody else knew about. Maybe we needed to be reminded that God hadn't forgotten us. And through His grace, God met us where we were.

But as we grow in our relationship with Him, we begin to understand that our faith isn't only about what we receive.

It's also about how we love and serve others.

1. Everything we have received can become a blessing to someone else.

Think about the women who have made a difference in your life. Maybe it was your mother, grandmother, a friend, a mentor, or a woman from church. Maybe someone prayed for you during a difficult season. Maybe someone encouraged you when you were doubting yourself. Maybe someone listened without judging you.

Sometimes the smallest acts of love make the greatest difference. And many of those women probably had responsibilities and struggles of their own. But they made themselves available to encourage someone else. Now imagine becoming that person for another woman.

Perhaps there's someone who feels alone. Someone who's trying to navigate a new season of life. Someone who needs encouragement. Someone who is returning to church and doesn't know where she belongs. Or someone who simply needs a friend who will listen and pray with her.

Galatians 5:13 reminds us to serve one another through love. What we've received from God shouldn't end with us. We can become instruments through which other people experience His love.

2. The body of Christ needs the participation of its members.

In 1 Corinthians 12, Paul compares the church to a human body. A body has different members, and each one fulfills an important function. The eyes don't do the same thing as the hands, and the feet don't do the same thing as the ears. But all are necessary.

The same is true within the church. Not every woman is called to teach. Not every woman is called to lead a ministry. Not every woman has the same availability or responsibilities. But every woman has value and something she can contribute.

Some may serve by welcoming new families. Others may teach children, organize activities, prepare meals, encourage new believers, or help create spaces where women can grow in their faith. Some may have the flexibility to serve every week. Others may only be available occasionally. And some may be in seasons where they need to receive care and support before taking on additional responsibilities. All of these women belong to the body of Christ. Our value isn't measured by how much we do.

And serving should never become another burden we carry simply because we feel obligated to meet everyone's expectations. Instead, it should flow from a genuine love for God and people.

3. True transformation produces action.

James 1:22 teaches us to be doers of the Word and not hearers only. We can attend church, listen to sermons, participate in Life Groups, and talk about the importance of serving. But eventually, what we're learning should begin to influence how we're living. And that includes how we love, encourage, and serve others.

Perhaps God has been developing compassion in you through your experiences. Perhaps He's been teaching you patience, perseverance, wisdom, or the importance of healthy relationships. Perhaps He's been restoring your confidence and reminding you of your identity in Christ. These things don't have to remain only part of your personal story. They can become ways you encourage and strengthen others.

Ephesians 2:8–10 reminds us that we're saved by grace through faith and created in Christ Jesus for good works. We don't serve to earn God's love. We serve because we've already received it. And the same grace that has sustained us can teach us to extend love to others.

Conclusion

Think about the woman you were five years ago. Think about everything you've experienced, learned, overcome, and walked through. Perhaps your life looks very different from what you once imagined. Maybe you've experienced beautiful moments and unexpected challenges. Maybe you've had to make difficult decisions. Maybe you've carried responsibilities that others don't fully understand. But through every season, God has continued working in your life.

Now think about the next five years. What kind of woman do you want to become?

What kind of example do you want to leave for your children, your family, your friends, or the women around you? Who might be encouraged because you decided to make yourself available? Who might grow closer to Jesus because you chose to serve?

Our lives aren't only shaped by what we accomplish for ourselves. They're also shaped by how we love God and the people around us. Key statement: Your story isn't finished, and God can still use your life to make a difference in someone else's.

Interactive Questions

1. Who has made a meaningful impact on your life through their willingness to serve, encourage, or walk alongside you? How did their actions influence your relationship with God?
2. If every woman in our church participated at the same level you currently do, what would our community look like? What does that reveal about the responsibility we share in building the body of Christ?
3. After these three weeks, what specific decision are you willing to make to become more involved in God's work? Where do you see yourself serving, and what would help you take that step?

Weekly Challenge — TAKE YOUR PLACE

This week, make one intentional decision about how you want to begin serving. Write down the ministry or area where you see yourself serving on a piece of paper. Then talk with your life group leader about what your next step could look like.

Maybe it's attending a training, joining a ministry team, helping with an event, or becoming more involved in your Life Group. If you're navigating a particularly difficult season, your next step may be receiving prayer, wise counsel, or support so you can grow in a healthy way. Choose a step that is meaningful and realistic for your current circumstances.

Remember: The church isn't just a place we attend. It's a body we're part of, and each of us has something valuable to contribute.