



Episode 44: Receive Healing

I'm Emily P. Freeman and welcome to The Next Right Thing. You're listening to Episode 44.

If this is your first time listening in, I'm glad you're here.

We're operating on a summer schedule around here which means each of our episodes will be even shorter than normal.

If you haven't noticed yet, we're holding our hands open on Tuesdays, open to receiving something from God that we may be too busy to notice otherwise. If you long for peace, check out episode 42. If you crave silence, episode 43 might help. Today, we'll consider what it might look like to receive healing not necessarily of the body, but of the soul.

Because I'm keeping these episodes even shorter than normal, I won't include an outro at the end of these episodes and maybe that will allow for you to transition into your own time of reflection if you wish.

Because of that, I'll tell you now if you want to connect with me beyond the podcast, you can find me on Instagram @emilypfreeman or online at emilypfreeman.com. You can also find a complete transcript of all of our episodes at thenextrightthingpodcast.com.

I often say this is a place for the second guessers, the chronically hesitant, and anyone struggling with decision fatigue.

If you feel like you're spinning your wheels, unable to focus on one thing at a time, worn out from all the choices, big or small. If your time and energy are limited, and you constantly compare your decisions to other people's wondering if you're choosing right.

Today's episode is for you, especially if you're in a situation you know calls for movement but you feel stuck and unable to go forward to the point that you're getting on your own nerves. I'll start us off as usual with the reading of a portion of scripture and then afterward I'll offer some thoughts and reflection. I'm going to give a little bit of time in between thoughts to allow you to enter into the story in a way maybe you've not yet done. Give yourself permission to use your imagination and be open to receive healing in ways you maybe haven't thought of before.

Take a breath and allow the moments to pass around you while you are quiet and still. Receive what you need and let the rest fall gently away.

“Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew, Bethesda, having five porticoes. In these lay a multitude of those who were sick, blind, lame, and withered, waiting for the moving of the waters; for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the stirring of the water, stepped in was made well from whatever disease with which he was afflicted.

A man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had already been a long time in that condition, he said to him, ‘Do you wish to get well?’

The sick man answered, ‘Sir, I have no man to put me in the pool when the water is stirred up, but while I am coming another steps down before me.’

Jesus said to him, ‘Get up, pick up your pallet and walk.’ Immediately the man became well, and picked up his pallet and began to walk.”

John 5:1-9

This is the Word of the Lord, it is absolutely true and it is given to us in love.

That man waited by the pool battling sickness for thirty-eight years. I imagine what it must be like to be sick for so long, waiting for healing.

But in a different way, I have some sicknesses of my own I've been fighting. Perhaps you do, too.

Maybe this year has been one of waiting to get well from the disease of comparison, accusation, fear, or doubt.

We sit on our mats, longing to be the first one in the pool because the pool has the answers. The pool carries the key. The pool is the source of healing the pool of success, the pool of understanding, the pool of control, and confidence.

If we could just get to the pool!

But we can't get to the pool because everyone else is going in front of us. And so we stay by the water's edge, waiting.

Then Jesus comes along and asks a question that seems almost cruel: *Do you want to get well?*

If his eyes weren't so serious, I'd almost think he was being sarcastic.

And so we tell him about how everyone else is getting to the pool first and he basically says, *Forget the pool. Get up, pick up your pallet, and walk.*

And so I think about the pallets I'm sitting on, the pallet of comparison, of accusation, of fear, and of doubt.

I think about the healing pools I think I long for success, understanding, control, and confidence.

But Jesus comes and says my hope is not in the pool. My hope is only and always in Him.

“Do you wish to get well?”

The sick man answered him, ‘Sir I have no man to put me in the pool when the water is stirred up, but while I am coming another steps down before me.’

Jesus said to him, ‘Get up, pick up your pallet and walk.’”

May our friend, Jesus, be the healing you need as he gently leads you to your next right thing in love.