



John 5:8

(8) Then Jesus said to him, "Get up! Pick up your mat and walk."
New International Version

The [healing](#) occurs by the Word of [God](#); Christ speaks, and it is done by the power of the [Holy Spirit](#). Although the pool is known for its therapeutic qualities, [Jesus](#) does not use it in the healing so there would be no doubt that the power to heal had come through Him. He does, however, require that the man perform a work to accompany his [faith](#): "Rise, take up your bed, and walk."

Jesus actually gives three commands here: rise, take, and walk. He demands that people take action and responsibility—to take a stand with Him. The more we follow Christ, the more we rise in spiritual character. [Sin](#), on the other hand, causes people to decline, degenerate, and descend to the depths of despair and spiritual weakness.

His second command is that the man "take up" his bed. Since the healed man no longer has need of his bedroll, he needed to clear it from the pool area. Taking up the bed illustrates the principle that we should not maintain remnants of our former ways of life. The new man is to clear away the old man's baggage to avoid returning to his past ways. Now that he is healed, he is to live differently. Spiritually, we leave our old man in the watery grave of [baptism](#), putting on the new man and living a changed way of life ([Ephesians 4:22-24](#); [Colossians 3:10-14](#)).

Jesus also requires that the man "walk," a testimony of the fullness of His healing power. The man is able to rise up, providing the first visible testimony of his healing to those around the pool. However, he does not just hobble away—he has strength to carry his bed and walk. Being able to walk gives the man opportunity both to show and tell many others of Christ's miracle.

The excellence of His work is seen in all these commands. If a person reacts positively to his contact with Christ, it will manifest itself in his conduct. The most effective

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witnesses are from those who walk as Christ commands!

— Martin G. Collins

To learn more, see:

[The Miracles of Jesus Christ: Healing a Cripple by a Pool \(Part Two\)](#)

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