Kingdom Moments

Healing in the Pool of Bethesda
Pones Wheeler
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I've had **lingering chest pains by my heart since contracting COVID** during Mother's day weekend in May. **I lost nearly half of my chest strength** since then and have never fully recovered. I used to bench press 300 lbs. before COVID. Now, four months after recovering from COVID, I'm barely able to bench press 185 lbs.

As Pastor Rob invited us to come forward to **receive healing in the pool of Bethesda, I felt a rush/wave come over me as if I were walking into an ocean break. I couldn't help but weep and took many deep breaths. When I returned to my seat, there was a tingling sensation on my chest that continued for at least 10-15 minutes**.

I awoke the following morning with no chest pain at all! I'm going to the gym as soon as my muscles recover from my last chest workout to see where my max bench press is at.

I wanted to say **thank God for Pastor Rob and our church and y'all's obedience**. I was prayed over as well to take Jesus seriously. I believe this is the **beginning of the turning of the tide for many things I've struggled with all my life! I love Jesus and I love our church! Mahalo so much for doing what y'all do!**

Healing at the Pool

Sometime later, Jesus went up to Jerusalem for one of the Jewish festivals. 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. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. 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?"

"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."

Then Jesus said to him, "Get up! Pick up your mat and walk." At once the man was cured; he picked up his mat and walked.
(John 5:1-9 NIV)