

THE ROOTED WAY • EPISODE 12

COUNT THE COST: GET UP AND WALK

Leaving Passive Christianity Behind

MADE TO BE MEN • BIBLICAL MANHOOD SERIES • PART 3

“Biblical manhood isn’t merely becoming stronger. It is becoming a man whose entire strength belongs to Jesus Christ.”

EPISODE STUDY & SHOW NOTES

Designed for listening, personal study, small-group discussion, and use inside Rooted Word.

Episode Overview

KEY QUESTION	What does it actually cost a man - or any Christian - to stop sitting on the sidelines and follow Jesus in obedient discipleship?
BIG IDEA	Salvation is a free gift, given entirely through grace, but following Jesus costs us our claim to self-rule. Christ calls us to trust, obey, deny ourselves, and follow Him.
PRIMARY PASSAGES	John 5:2-9; Luke 9:23-25; Luke 14:25-33; 1 Corinthians 6:19-20; Titus 2:11-14
SUPPORTING PASSAGES	Romans 12:1-2; Philippians 3:7-14; John 15:18-20; 2 Timothy 3:12; Hebrews 12:1-2; James 1:22; Ephesians 2:8-10

Why This Matters

Change sounds good until change costs something. This episode asks what happens when Jesus calls a man out of passivity, familiar brokenness, secret sin, comfort, pride, and self-rule. The point is not that obedience earns salvation. Salvation is a gift of grace. The point is that the Christ who saves us also calls us to trust Him enough to obey.

KEY DISTINCTION **We do not obey in order to earn salvation. We obey because Christ has saved us and now owns our lives.**

1. “Do You Want to Get Well?”

READ

John 5:2-9

UNDERSTAND

Bethesda sat near the Sheep Gate in Jerusalem and had five porticoes where many sick and disabled people gathered. John introduces a man who had been ill for thirty-eight years - long enough for helplessness and disappointment to become deeply familiar.

Jesus asks him, “Do you wish to get well?” The question sounds almost unnecessary, but it presses beyond circumstance to desire and response. The man explains that he has no one to put him into the pool before another person gets there.

IMPORTANT EXEGETICAL CAUTION

John does not explicitly say that the man wanted to remain disabled or had built his identity around victimhood. The episode uses his response as a point of application: our explanations may be real, but Christ still confronts us with the question of whether we truly want transformation or merely relief.

ASK **Do I really want Christ to change me, or do I simply want Him to make my current life more comfortable?**

2. The Danger of Familiar Brokenness

Thirty-eight years is a long time for any condition to become normal. For us, familiar brokenness can take the form of habitual lust, anger, bitterness, passivity, laziness, fear, excuses, spiritual apathy, blame-shifting, or secret sin.

There is a dangerous shift when “this is something I am struggling with” becomes “this is just who I am.” Real wounds, trauma, abuse, mental suffering, and physical suffering deserve compassion. But our wounds are not meant to replace our identity in Christ.

KEY DISTINCTION

There is a difference between acknowledging your wounds and building your identity around them. Our identity is in Christ.

3. Explanations Can Become Excuses

UNDERSTAND

The man's explanation may have been completely accurate: he apparently had no way to reach the water before someone else. The important point is that Jesus gives him a command. Circumstances can genuinely explain how we got where we are without excusing us from obeying Christ now.

Your childhood may explain something. Your father may explain something. Your church experience may explain something. Your spouse, boss, or other people may genuinely have sinned against you. You may have wounds you did not choose. Eventually, however, the question becomes: What does obedience to Jesus require from me now?

KEY LINE

An explanation tells me how I got here. An excuse tells me why I should be allowed to stay here.

4. “Get Up.”

READ

John 5:8-9; Ephesians 2:8-10

UNDERSTAND

Jesus commands the man to get up, pick up his pallet, and walk - and John says the man immediately became well. The man does not heal himself by trying harder. Christ supplies what the command requires, and the man responds in obedience.

Grace produces action. We do not act in order to earn grace. Christ gives grace, and because of that grace we walk in the life He has given us.

ASK

What is the difference between wanting relief and wanting transformation?

5. Stop Waiting for Perfect Conditions

Men can spend years waiting for circumstances to give them permission to obey a command Christ has already given.

- “I’ll start reading Scripture when work calms down.”
- “I’ll lead my family when I know more theology.”
- “I’ll deal with the pornography eventually.”
- “I’ll apologize when she apologizes.”
- “I’ll disciple my kids when I feel qualified.”
- “I’ll find accountability after I fix myself first.”

You do not need perfect circumstances, confidence, knowledge, marriage, church, childhood, or mentorship before being obedient to Christ.

ASK

Where do men commonly wait for “perfect conditions” before obeying?

6. The Cost of Following Jesus

READ

Luke 9:23-25

DEFINE

Jesus calls His followers to deny themselves, take up their cross daily, and follow Him. The cross is not a metaphor for inconvenience. In the first-century world it represented death.

Self-denial does not mean “I am worthless.” It means: I am no longer sovereign over my own life. The Christian man’s fundamental confession is not “Nobody tells me what to do.” It is “Jesus is Lord.”

ASK

What does self-denial look like without falling into self-hatred?

7. Count the Cost - Luke 14

READ

Luke 14:25-33

UNDERSTAND

Jesus warns people not to follow Him cheaply. He gives the pictures of a tower builder and a king considering war, then presses the demand of unreserved allegiance. This is not salvation by poverty. It is the refusal to give anything veto power over Christ.

- money
- career
- comfort
- reputation
- relationships
- sexuality
- possessions
- plans
- ambitions

8. The Idol of Comfort

A man may never bow to an obvious idol and still organize his whole life around avoiding discomfort. Work, food, phones, television, sports, gaming, sleep, and leisure are not automatically sinful. They become dangerous when comfort becomes the organizing principle of life.

Then service, discipleship, helping the poor, children, difficult conversations, prayer, church commitment, and genuine repentance begin to feel unreasonable because they interrupt comfort.

KEY LINE

Comfort is a wonderful gift and a terrible little “g” god.

KEY LINE

You cannot organize your life around avoiding sacrifice and simultaneously follow a crucified Messiah.

9. Taking Up Your Cross Does Not Mean “Have a Hard Life”

When Jesus spoke of taking up a cross, His listeners understood Roman execution. Ordinary hardships may be painful, but cross-bearing is specifically connected to following Christ at the cost of self-rule. The old life dies; the Christian lives as a new creation and learns to put on the new self.

KEY DISTINCTION

Your cross is not simply whatever makes your life unpleasant. Bearing your cross is the death of self-rule in order to follow Jesus.

10. Obedience May Cost Your Reputation

FURTHER READING

John 15:18-20; Matthew 10:34-39; 2 Timothy 3:12

For many American men, costly obedience may not mean physical persecution. It may mean being mocked, losing social approval, refusing dishonest business, pursuing sexual purity when friends mock it, refusing sinful participation, publicly affirming biblical truth, losing relationships, or being called extreme.

ASK

Would you rather disappoint Christ or be thought weird by your friends?

11. Obedience Will Cost Your Secret Sin

Following Jesus reaches the parts of life nobody else sees. The browser history changes. The messages change. The finances change. The language changes. The relationships change. The private life changes.

A man cannot sincerely say “Jesus is Lord” while reserving entire rooms of his life from Christ. First Corinthians 6:19-20 reminds believers that they are not their own; they were bought with a price.

KEY LINE

Jesus isn’t looking to renovate one room in your life while you retain ownership of the house. Jesus bought the house; He just affords me the opportunity to live in it.

12. Obedience Will Cost Your Pride

For many men, pride may be one of the hardest costs of discipleship. Following Jesus means learning to say things like:

- I was wrong.
- Forgive me.
- I need help.
- I don’t know.
- I’m struggling.
- Pray for me.
- I need accountability.

Repentance is not uniquely masculine, but a mature Christian man should not confuse pride with strength. Owning sin and seeking help are acts of truthfulness and submission to Christ.

ASK

Why can saying “I was wrong” feel more threatening to a man’s ego than some types of physical pain?

13. Obedience Will Cost Your Autonomy

A Christian man is fundamentally a man under authority. Before he leads, he follows. Before he commands, he obeys. Before he should exercise authority, he submits to Christ as Lord.

KEY LINE

The first qualification for Christian leadership isn’t knowing how to exercise authority. It’s knowing how to live under authority.

14. Grace Does Not Produce Passivity

READ

Titus 2:11-14

UNDERSTAND

If salvation is by grace, why talk so much about discipline, obedience, and sacrifice? Because biblical grace does not simply pardon us; it transforms us. Titus describes grace as instructing believers to deny ungodliness and worldly desires and to live differently in the present age.

CLOSING TRUTH

Grace does not say, “Stay on the mat; it doesn’t matter.” Grace finds us helpless, saves us completely, and begins teaching us how to walk.

15. From the Poolside to the Battlefield

Jesus repeatedly says, “Follow Me.” The movement of this episode is simple:



Closing Movement

Maybe you have been waiting for perfect conditions. Maybe you have spent years explaining why you are where you are. The question is no longer simply, “How did I get here?” The question is: What does obedience to Jesus require from me now?

You cannot heal yourself. You cannot save yourself. But the Christ who saves also calls His people to stand up and walk.

CLOSING TAKEAWAY

Stop waiting for perfect conditions. Stop protecting the sin Christ is calling you to kill. Stop confusing comfort with peace. Stop calling passivity patience. Deny yourself. Take up your cross. Follow Jesus.

Apply

- 1 Name one area where you have been waiting for perfect conditions. What is the next concrete act of obedience?
- 2 Identify one explanation that may have quietly become an excuse. What responsibility can you take without denying the reality of your wounds?
- 3 Name one comfort, appetite, habit, or private sin that currently has too much influence over your choices. Put one practical boundary in place this week.
- 4 Say one sentence pride resists: “I was wrong,” “Forgive me,” “I need help,” or “I need accountability.” Then act on it.
- 5 Ask a trusted Christian man what area of your life appears most resistant to the lordship of Christ.

Reflection

CLOSING TAKEAWAY

Biblical manhood isn't merely becoming stronger. It is becoming a man whose entire strength belongs to Jesus Christ.

Pray

Lord Jesus, expose the places where I use comfort, wounds, fear, pride, or circumstances as reasons to postpone obedience. Thank You that salvation is entirely by grace and that I cannot save or heal myself. Teach me to deny self-rule, surrender every part of my life to You, repent quickly, and walk in the good works You have prepared for me. Give me courage to follow You when obedience costs comfort, reputation, pride, or control. Make my strength fully Yours. Amen.

Further Scripture

- Romans 12:1-2 - A life offered to God; renewal of the mind.
- Philippians 3:7-14 - Counting all things loss to gain Christ and pressing forward.
- John 15:18-20 - The world's hatred of Christ and His followers.
- 2 Timothy 3:12 - The cost that can accompany godly living.
- Hebrews 12:1-2 - Laying aside sin and running with endurance.
- James 1:22 - Hearing the Word and doing it.
- Ephesians 2:8-10 - Saved by grace and created for good works.

Listen & Continue

Listen to The Rooted Way - Episode 12: Count the Cost: Get Up and Walk, then use these notes for personal reflection, discipleship, or small-group discussion. Episode resources and Scripture references are available at rootedtruthministries.org/podcasts.

Next in the Series

EPISODE 13 • PART 4

Headship on His Knees

What does servant leadership actually look like when the model is not a dictator on a throne, but Jesus Christ under whose authority the man himself already lives?

ROOTED IN SCRIPTURE. GROWING IN TRUTH. LIVING FAITHFULLY.