

Barn's Notes on The Bible John 5:14 Sin no more or face an even worse thing than before.



John 5:1-9 After this there was a feast of the Hebrews and Yeshua went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool which is called in Hebrew Bethesda having five porches. In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water. For an angel went down at a certain time into the pool, and stirred up the water. Then whoever stepped in first, after the stirring of the water was made well of whatever disease he had.

Now, a certain man was there who had an infirmity 38 years. When Yeshua saw him lying there and knew that he already had been in that condition a long time, He said to him. “Do you want to be made well?”

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

Yeshua said to him, ‘Rise take up your bed and walk.’”

And immediately the man was made well, took up his bed, and walked and that day was the Sabbath.

John 5:14 Afterward Yeshua found him in the temple and said to him,

“See you have been made well, sin no more lest a worst thing come upon you.”

Barn’s Notes Commentary, In the temple - The man seems to have gone at once to the temple - perhaps a privilege of which he had been long deprived. They who are healed from sickness should seek the sanctuary of God and give him thanks for his mercy. Compare the notes at [Isaiah 38:20](#). There is nothing more improper, when we are raised up from a bed of pain, than to forget God our benefactor, and neglect to praise him for his mercies.

Thou art made whole - Jesus calls to his remembrance the fact that he was healed, in order that he might admonish him not to sin again.

Sin no more - By this expression it was implied that the infirmity of this man was caused by sin - perhaps by vice in his youth. His crime or dissipation had brought on him this long and distressing affliction. Jesus shows him that he knew the cause of his sickness, and takes occasion to warn him not to repeat it. No man who indulges in vice can tell what may be its consequences. It must always end in evil, and not unfrequently it results in loss of health, and in long and painful disease. This is always the case with intemperance and all gross pleasures. Sooner or later, sin will always result in misery.

Sin no more - Do not repeat the vice. You have had dear-bought experience, and if repeated it will be worse. When a man has been restored from the effects of sin, he should learn to avoid the very appearance of evil. He should shun the place of temptation; he should not mingle again with his old companions; he should touch not, taste not, handle not. God visits with heavier judgment those who have been once restored from the ways of sin and who return again to it. The drunkard that has been reformed, and that returns to his habits of drinking, becomes more beastly; the man that professes to have experienced a change of heart, and who then indulges in sin, sinks deeper into pollution, and is seldom restored. The only way of safety in all such cases is to "sin no more;" not to be in the way of temptation; not to expose ourselves; not to touch or approach that which came near to working our ruin. The man who has been intemperate and is reformed, if he tastes the poison at all, may expect to sink deeper than ever into drunkenness and pollution.

A worse thing - A more grievous disease, or the pains of hell. "The doom of apostates is a worse thing than thirty-eight years' lameness" (Henry).