Small Group Sunday 9.13.15

O. Intro:

- *Doctor Jacob Da Costa who treated traumatized Civil War soldiers with what was then called "Soldiers Heart" was the first to name it by its symptoms..."Effort Syndrome."
- *Soldiers had symptoms that resembled heart disease but upon examination there were no physical issues.
- *The symptoms were shortness of breath, fatigue, chest pain...the cause was anxiety not any physical malfunction.
- *This "effort syndrome" lead to a loss of will.
- **Will is the ability to propel yourself forward...when the heart loses hope, will is lost as well.
- *You might recall that in the Scripture the heart is the choosing, willing part of us...the executive function.
- *So calling the problem "Soldier's Heart" with its resulting loss of will...has biblical precedent.
- *Their "hearts" had become "hopeless" and they had lost their "will" to move forward into life.

*A statement and question:

*What do you do when you no longer feel or believe that God is always with you?

Mark 10:46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (that is, the Son of Timaeus), was sitting by the roadside begging. 47 When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!" 48 Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!" 49 Jesus stopped and said, "Call him." So they called to the blind man, "Cheer up! On your feet! He's calling you." 50 Throwing his cloak aside, he jumped to his feet and came to Jesus. 51 "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." 52 "Go," said Jesus, "your faith has healed

^{*}God is always with you.

you." Immediately he received his sight and followed Jesus along the road.

- *This is the last of the healing miracles in Mark's gospel
- *It takes place in Jericho
- *As the group passes through town to continue their short 15 mile journey to Jerusalem they encounter a blind man sitting by the side of the road begging.
- *This was and is a common sight in the Middle East.
- *Bartimaeus, (Mark knows the man's name)...had a strategic position, he sat on the road that pilgrims would walk on their way to Jerusalem to celebrate the Feast of the Passover.
- *But then he discovers that he has really hit the jackpot...Jesus was in the crowd.
- *He began to unashamedly shout..."Jesus, Son of David, have mercy on me!"
- *The crowds didn't appreciate his loud shouting so they tried to "shush" him.
- *He would not be "shushed"...he got louder.
- *Using the Messianic title for Jesus he yelled "Son of David, have mercy on me!"
- *Jesus stopped and said, "Call him."
- *Now the crowd quickly changes its tune from "shut up!" to "cheer up!"
- *The word translated "Cheer up" is used 7 times in the NT, 6 of the 7 are from the lips of Jesus.
- *It is also translated "Take heart"...both of those idioms, "Cheer up" and "Take heart" mean "be hopeful."
- *"Take Heart" means to let "hope return to your heart".
- *What happens when that happens? Will returns...will to move forward into life again.
- *He certainly did "take heart" he jumped to his feet and came to Jesus...again we see this man's passion...first he is shouting for help, now he is a blind man hurrying to Jesus.

- *It's likely the crowd had to get out of his way...they could see him, he could not see them.
- *He was moving towards the sound of the Lord's voice.
- *Then Jesus asked him what seems to be a silly question "What do you want me to do for you?"
- *"Jesus, this is a blind man...what do you think he wants you to do?"
- *That's not the point...the point is what does Jesus want the man to do?
- *He wants the man to ask, to verbalize his need...why?
- *For the man's own good, for his own faith.
- *Do you ever struggle with praying because you think to yourself..."He already knows, what is the point in asking?"
- *I sometimes do.
- *The point here and elsewhere is that he has told us to ask...so, we should ask.
- *He doesn't want "blind resignation" to impersonal "sovereignty".
- *He wants hearts that hope revealed in personal requests.
- *So the blind man said, "Teacher, I want to see."
- *"Go," Jesus said, "your faith has healed you."
- *The man was healed and jumped in among the crowd that was following Jesus to Jerusalem.
- *Jesus said his "faith had healed him"
- *What were the evidences of this faith? What clues did Mark leave us?
- 1. He is unconcerned with what others think of him, he is more concerned with what Jesus alone can do for him.
- 2. He calls Jesus "Son of David" the Messiah. That's two.

- 3. He asks for "mercy." He is blind and in his mind this was God's judgment on him.
- *To receive mercy in the form of healing of his eyes would have meant to him that God was forgiving the sins that were the cause of his blindness.
- *I am not saying his blindness was caused by sin, I am saying he would have believed it was.
- *So his request for mercy(healing) was a request for forgiveness...that's three.
- 4. He threw his cloak aside when he hurried to Jesus...why would Mark include this detail?
- *Mark is moving fast, 16 chapters...skipped the birth narrative...why mention a guy throwing away his coat?
- *Jericho is seldom cold enough for a coat during the day, esp that time of the year...why did he have his cloak?
- *I once saw a beggar on a city corner spread his coat in front of him for people to cast their money onto it.
- *This was common at the time of Jesus.
- *When Bartimeus cast aside his cloak its likely Mark was indicating...he didn't think he was going to need it anymore.
- *He went to Jesus and was leaving his begging behind...wouldn't need to do it anymore.
- *Remember last week Jesus asked his friends, "What do you want me to do for you?"
- *What did they want, "position, prestige."
- *This man's need is more basic, more urgent...he needs to be able to see.
- *Of course its physical sight he is asking for, but Mark's point is about something more.
- *It is about the "sight of faith"
- *To see Jesus as he is, to see his real need as it was, was part of what was happening in the complexity of this encounter.

- *Often when people come to faith in Christ it is when pieces of their lives are breaking off...life is not working.
- *So they come to him with some felt need...physical, mental, emotional, vocational, relational...and it is there that he meets them with their real need...forgiveness, mercy, relationship with God.
- *Mark places this story between the "blindness of his disciples to what matters most" and the "blindness of the rulers in Jerusalem to what is real."
- *This blind man in his desperation, nothing else to lose...at the end of himself..."Sees" even before he receives his sight.
- *He asks..."Have mercy on me"

Heb. 11:1 "Now faith is being sure of what we hope for and certain of what we do not see."

CONCLUSION:

- *Despair is the death of desire and the refusal to hope.
- *I don't know that everyone will experience this level of emotional depths...but most people will experience something close before their lives are over....unless they become utterly numb, too numb even for despair.
- *The Psalms (our focus for next year) are permeated with despair but they often (not always) end with a return to joy and confidence in the Lord.
- *We can read the Psalms and the progression from despair to hope takes a few minutes but some of these Psalms are life stories that unfolded over many, many years.
- *The despair went on for a long time.
- *Some Psalms don't have "happy endings" at all.
- *Like Ps 88, the sufferer cries out to God day and night (showing his faith) but it ends with:
- "You have taken my companions and loved ones from me; the darkness is my closest friend."
- *"What? That's it? Where's the final verse? Where there is faith and trust?"

- *That is the final verse.
- *Some early church leaders wanted to eliminate Ecclesiastes from the canon of Scripture because it was too pessimistic.
- *That's not at all true...its realistic...it is a picture of the emptiness of life lived apart from God.
- *It shows a life lived trusting in idols...a heart wrapped around everything except God.
- *The man in the Psalm 88 cried out to God in his despair...there is no satisfaction in the end of the Psalm because in this life, not all hope is fulfilled.
- *But notice something important...he is "crying out to God".
- *Hope is the anticipation that desires in the present will be satisfied in the near future.
- *Hope is a powerful motivator but it also has great potential to dishearten us.
- *It's why proverbs says...

Prov. 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

- *This is "soldier's heart"...a heart that is sick because of loss of hope.
- *On the other hand a hope fulfilled...is life giving.
- *Sometimes our hope is naive..."Oh well, things will work out."
- *Why? Says who? In what way?
- *"Things" do not always work out.
- *Tremper Longman wrote that "Over time, the often-repeated cycle of desire aroused, hope disappointed and soul deadened through despair leads to a hatred of desire."
- *I read of a woman who was sexually abused by her brother for 8 years and not only did he abuse her but he sold her to neighbor boys.
- *When her mother left home, she put the older brother in charge.

- *The abuse stopped only when the brother was killed in a car accident.
- *She finally felt alive and free...she hoped that her mother might care for her as he had cared for her brother.
- *After several years she finally told her mother about her years of torment by her brother.
- *Her mother responded with "If you ever repeat a lie like that about your brother, I will never again speak to you or call you my daughter."
- *Now her hope of being loved by her mother was destroyed.
- *She became fully hopeless...
- *Despair, the bottom rung of the ladder of depression set in.
- *She became desperately afraid of hope itself...and its powerful ability to disappoint.
- *She lived the next ten years like...a zombie...getting married, going to work and church, but no desire or passion...afraid to hope.
- *Her heart ran from desire, from hope...like the Buddha.
- *Life is suffering, the cause of suffering is desire, the way to end suffering is to end desire.
- *So no more desire.
- *She did get help, not by deadening her heart to hope...but by going through her pain to God and finding her ultimate hope in him
- *Despair looks at the world and says "I am alone" and I, "I have no hope, things will not get better"
- *By the way this has nothing to do your with marital status...Some of the loneliest people in the world are married.
- *Despair says..."I must not allow myself to hope again, I cannot take the disappointment."
- *Loss of will to propel oneself forward will follow.

- *Its a reason why suicide can become an option for some...nonexistence is preferred to the pain of ongoing hope disappointed...or the deadness of living without hope.
- *There is another option...Godly despair, like the Psalmist expressed...it moves our hearts to God.
- *"Faith is not a quiet submission to the fates...it is a cry that is heard in heaven." (Allender)
- *The blind man did not sit quietly in his "fate"...he cried out to Jesus, and became even louder when people told him to "quiet down."
- *Maybe they were not just annoyed by cries...maybe they were annoyed by him presuming that his life could be different...he should be sitting in his situation and accept his despair.
- *The blind man received his sight...his hope was not deferred on that day.
- *Yet...and this is so important...Jesus did not come to heal this man's retina or optic nerve...he came to save this man from his sin and save this man **to** relationship with God.
- *Because some 2000 years ago this man's physical eyes went blind again...he died.
- *This healing was not permanent... but it pointed to something permanent.
- *Earthly hope is always fragile...loss is always just around the corner.
- *We "knock on wood" when we say "things are going well."
- *Why...because we know...its not going to last, whatever "it" is.
- *For some its a real superstition...they actually believe verbalizing that things are good will jinx them.
- *For an additional irrational reason...knocking on a piece of wood...or saying "knock on wood" will unjinx them?
- *For others, its not real superstition...just an acknowledgement of the reality of the temporary nature of things going well...health, jobs, relationships, emotional moods, weather, you name it.
- *Life is ups and downs...for some its downs and downs.

- *For all...the things we hope in and for in this life...will be lost.
- *This does not mean we should give up on temporary hope...it just means that all our hopes, joys, pains and pleasures must point us to God...he is our true home and our only lasting hope.
- *We can debate with people all day long about ideas related to God, and evidences and proofs, and intellectual issues...but in every single human heart there is a homing device made by God for God.
- *This can be short-circuited or ignored...but it is there.
- *Heavenly hope is the vision of final redemption, even in the midst of the entropy and decay that is life now.
- *Apart from heavenly hope, earthly hope has only one destination; inevitable disappointment.
- *God uses the longing of this life to drive us to him.
- *Paul expressed in as groaning..."Meanwhile we groan, longing to be clothed with our heavenly dwelling." 2 Cor. 5:2
- *Meanwhile (while we live in these physical bodies)
- *We groan (sigh) (we are never fully fulfilled, we are not at home)
- *While we "long" "wait eagerly" for what is to come.
- *This is not Freud's..."Wish fulfillment"...not some imaginary escape from reality.
- *This is what Solomon called "Eternity in our hearts."
- *God has put it there.

APPLICATION:

- *How do we maintain perspective like this?
- *What happens when our "hope" is running low and our "will" is unplugged?
- *How do we maintain hope and desire when life seems long and hard and the idea of "our future home" far away, is just too far away to be of immediate help?

- *How do we maintain the ability to hope when life has been a series of disappointments?
- *How do keep from hardening our hearts in order to protect us from pain?
- -Then in so doing we protect ourselves from change, from relationship as well.
- *How do we continue to pursue Jesus when the heavens' become like iron...when we agree with the Psalmist and cry out "Darkness has become my closest friend"?
- *There are no easy answers...otherwise Paul would have given them to us...
- *He would have said..."do this and you will no longer live a life of groaning."
- *Imbalance is always easier to fall into than it is to live in balance.
- *Imbalance: "Life is nothing but despair and then we die."
- *Imbalance: "Life is victory, joy after joy, problems are nothing, faith conquers all...do not be, act, look gloomy."
- *Neither of those positions take in the full reality of Scripture.
- *Balance is found in another "groan" passage.

Rom. 8:23 Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. 24 For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? 25 But if we hope for what we do not yet have, we wait for it patiently. 8:26 In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. 27 And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. 28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

- *We groan under the weight of life now...and we eagerly await what is to come.
- *We have hope, but hope is always future centered.
- *In the meantime, the Holy Spirit helps us, he "groans" with us...and his groaning is intercession on our behalf to the Father.

- *In light of all this...we can live with confidence in all things...it will all work out.
- *But this does not mean this week, or next year...this job, this house, this relationship...or even this life.

*So this is the balanced perspective...how do we keep it long-term?

- *A key Biblical answer is "community"
- *This answer, by the way is also the empirical and anecdotal (case study) answer as well.
- *This has proven true in data driven studies as well as real life testimony after testimony.
- *Here's what the Bible says...

Heb. 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

Heb. 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.

- *Of course you don't need to be a part of a small group to accomplish this...you do have to live in Christ-focused community to do so.
- *For us, in this local Body, ongoing encouragement, is the primary objective of our small groups.
- *It is, how God has led us, to accomplish this vitally important task...of "staying 'hope-full'"
- *"Terry, I've been to small groups, I didn't find them that helpful?"
- *What did you expect them to be and do?
- *Very important questions...our expectations set us up for failure or success by mentally framing reality or unreality.
- *THE WALL: Small groups are like a wall...
- *Pretty low expectation?
- *Not all, its not insignificant to stay on the right side of the wall.

*WHAT THEY ARE NOT:

- a. They are not about "in depth Bible training"
- b. They are not going to do for you what only you can do for you...be intentional, be volitional in your own sanctification.
- c. They will not do for you what only God can do for you.
- d. They are not always going to meet a felt need...just a real one.
- *Encouragement to stay the course is a real need, regardless of whether it is a felt need or not.
- *By the time it is a felt need, it is often a crisis situation.
- *Small groups/intentional relationships are about "encouragement to stay the course"
- *Hope that empower will to continue to stay faithful.
- *The tactics to accomplish this task...to express them very simply and symbolically are coffee and content.
- *Coffee: (substitute some non-food item like...hiking, biking, skeet shooting, talking, etc.)
- *Coffee: stands for relationships, living life together. Raising kids together, helping through singleness, having fun, sharing sorrow...you get it.
- *Content: We don't just expect to hang out, drink coffee, or chit chat about politics and the weather and expect to stay on course.
- *Content simple means there is substance in our relationships...not just the old "Cheers" bar where "everyone knows your name"...but no one has a clue as to what the purpose of our lives are about.
- *A comfortable place...where everyone is going nowhere together.
- *Content means...our community is built on the reality of the Gospel, we are learning, challenging, encouraging one another to "know and live out the truth of God's revelation of himself in the Scriptures."
- *Coffee without content is aimless...relationship without direction

- *Content without coffee is deadness...rules without relationship.
- *Content and Coffee is real lives, real people, real God...a values driven approach to life.
- *What we value, what matters most to us, how we actually live is touched and transformed.
- *I have very rarely come away from time with my own band of brothers...feeling like something significant happened.
- *But over years of being together...something significant has happened...so far I have stayed the course...it has kept me "right of the wall"
- *"Terry, this idea of relationships is intimidating to me."
- *I get it, but let me do some cognitive reframing on that.
- *What if you became more intimidated by the thought of being alone and exposed in a battle for your heart, mind, soul...than you are by the thought of risking exposure in relationships.
- *"But God is with me, I'm not alone...why do I need others?"
- *Of course he is with you...and of course you are never alone.
- *That is a statement of fact but the important question is...
- *"Who is going to help you keep remembering that God is with you when it no longer feels like God is with you?"
- * Heb. 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

WHAT'S NEXT...live in authentic community...not flashy...its life...its powerful and good.

- 1. Check out a small group (put up map)
- 2. Renew your hope.
- *Their purpose is to help you take the next step to keep on putting your hope in Christ.
- 3. Keep leading.
- *Enormously important task.

- *Spiritual leadership...leading God's people towards God's purposes...is a high honor.
- -Great privilege and responsibility.
- *Come to LC tonight...it is a real need, even when it is not a felt need.
- 4. Consider taking steps toward leadership.
- *Join a group...join the church
- *Be mentored...serve others

Certainly: "God is with you...and he is with me."

Certainly: He wants to continually reveal that he is with us through the people he has given to remind us that he is with us.

- *Don't miss this fact...is it important...it his provision for you.
- *When you say "Where is God?"
- *And a friend standing next to you and walking with you, doesn't give you some shallow answer but rather says..."I am here with you."
- *You may not see it then, but God is right there.

2Cor. 1:3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God

SMALL GROUP NOTES

9.13.15

Intro:

- *Have you been, or are you now struggling with "hope"?
- *Do you have someone you know who is struggling with hope? (Don't use names unless appropriate)

- *How did, or does a loss of hope affect your "will", your ability to continue to press forward?
- *If that's too heavy, discuss a situation where you lost hope such as: a sports team, getting a promotion or grade, getting a date, etc.
- *When has God used a friend to help you remember and/or believe that God is always with you?

Read:

Mark 10:46 Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (that is, the Son of Timaeus), was sitting by the roadside begging. 47 When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!" 48 Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!" 49 Jesus stopped and said, "Call him." So they called to the blind man, "Cheer up! On your feet! He's calling you." 50 Throwing his cloak aside, he jumped to his feet and came to Jesus. 51 "What do you want me to do for you?" Jesus asked him. The blind man said, "Rabbi, I want to see." 52 "Go," said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road Discuss:

- 1. Why do you think the crowd changed from "shut up" to "cheer up."?
- 2. "Cheer up" and "Take heart" are idioms for "have hope." Based on the sermon notes what does Mark indicate about Bartimaeus "hope" by his throwing his cloak aside to go to Jesus?
- 3. Why does Jesus ask him what he wants? Wouldn't it be obvious?
- 4. What are the implications for our own prayer lives in this question?
- 5. Jesus said the man's faith had healed him, what are the evidences in the narrative of this man's faith?
- 6. What does the following Proverb communicate regarding the impact of a loss of hope? *Remember: In the Bible the "heart" is the "thinking, choosing...executive function." Prov. 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

Apply:

- *Discuss the following verses as a group.
- *What would it look like, practically, to better apply these principles to your lives together?
- *Be specific, be realistic.

Heb. 3:13 But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.

Heb. 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.

THE GOSPEL OF



SON OF MAN DID NOT COME TO BE SERVED, **BUT TO SERVE, AND TO GIVE** HIS LIFE AS A **RANSOM FOR**

MARK 10:45

God is always with you.

What do you do when you no longer feel that God is with you?

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Despair is the death of desire and the refusal to hope

"You have taken my companions and loved ones from me; the darkness is my closest friend."

Ps. 88

Prov. 13:12 Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.

"Over time, the often-repeated cycle of desire aroused, hope disappointed and soul deadened through despair leads to a hatred of desire."

Longman

"Faith is not a quiet submission to the fates...it is a cry that is heard in heaven."

Allender

For all...the things we hope <u>in</u> and <u>for</u> in this life...will be lost.

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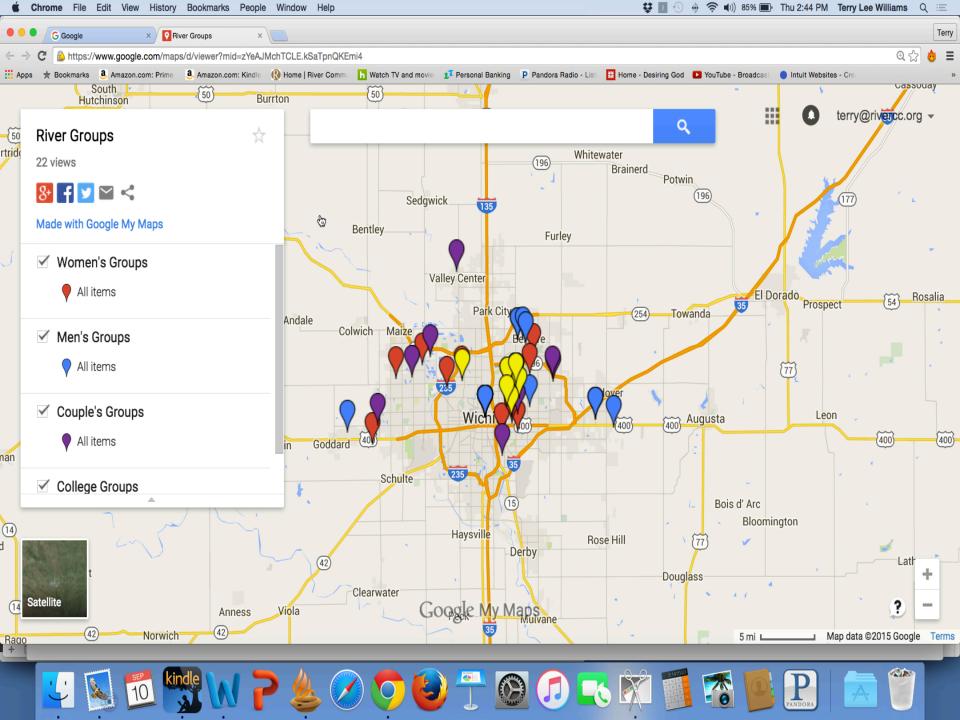
"Meanwhile we groan, longing to be clothed with our heavenly dwelling."

2 Cor. 5:2

Rom. 8:23-28 Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption as sons, the redemption of our bodies. For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what he already has? But if we hope for what we do not yet have, we wait for it patiently. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

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Heb. 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.



They are not:

1. In-depth Bible training

2. Going to do for you what only you can do for you

3. Going to do for you what only God can do for you

4. Always meet a felt need

Encouragement to stay the course:

"Hope to Will"

coffee

content



"And everybody is going nowhere together"

Coffee without content is aimless...relationship without direction

Content without coffee is deadness...rules without relationship.

"God is with me!"

"Yes, of course He is...but who is going to help you keep remembering that God is with you when it no longer feels like God is with you?"