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Your Story Matters - Lesson 5 Notes
remember him

| Continuous Communion Presence | Continuous Conversation Spiritual Mindedness | Consider Him Eternity |
|---|--|---|
| <p><i>Nearer my God to Thee</i></p> <p>Right Brain operates at the Speed of Relationship</p> <p>Created for relationship</p> <p>Practice the presence of God</p> <p>Recognize he is intimately present</p> <p>Speak to him when you need help (sad, frustrated, happy!)</p> <p>Praise and thanks</p> | <p><i>Turn Your Eyes Upon Jesus</i></p> <p>To be spiritually minded is life Rom 8.6</p> <p>To be spiritually minded is peace Rom 8.6</p> <p>“Habit of Mind...the ability to think of things with delight.” (Owen, 3)</p> <p>Given a renewal of the mind by the Holy Spirit</p> | <p><i>Eternal Weight of Glory</i></p> <p>Left Brain – Truth Believed By Faith</p> <p>“Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.” Heb. 12.3</p> <p>“The new believers (in Hebrews) were battle weary, lost faith, and moved dangerously close to walking away from Christianity altogether.” (AMG)</p> <p>Book of Hebrews is written for victims and survivors of trauma</p> <p>The Hebrew soul physician ministers the supremacy of Christ’s priesthood</p> |



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Ask “Why?”

Delights in the spiritual life

He implores the believers to take their eyes off their afflictions and center them on “an arresting, inspiring message concerning Christ.” (Eerdman)

Ask “How?”

Taste and see that God is good (sensory)

Consider, Christ’s suffering made him perfect aka “complete dedication and trust in God.” (Ladd)

Ours does not, His perfection is gifted/given to us

Accomplish daily activities, turn your eyes

Christian fellowship

Consider Christ superior because he offered a better (final 9:27) sacrifice (Heb 1:12)

Rest knowing he is present

Make melody (or listen to one)

Consider Christ’s priesthood superior because it doesn’t simply eliminate temporal distress, it conquers death

God moments

“Seek those things that are above” Col. 3:1-2

Consider that, through Christ’s mediation and work of redemption there will be VICTORY over all the enemies in the world.



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Acknowledge need

He cannot and will not leave. Ever.

Ask for His grace

Tell Him your troubles

Remember he is the one who has invited us to come

Look for opportunities to be filled by heavenly things

Behold (2) Cor. 3:18

Think about Christ!

Meditate on the glory of Christ, His mediatorial office at the right hand of God, the glory of his present work in the true tabernacle, his love, power, the effectiveness of his intercession, his glorious coming to judgment

Imagine Christ seated at the right hand of God

Consider His attributes

Consider His promises

Consider eternity

“Hope in general is an uncertain expectation of a future good which we desire.” “earnest expectation” “longing desire for reality hoped for” “the object of hope is eternal glory.” (Owen, 51)



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Remember His primary approach to us is love

“We cannot take one step in our walk with God unless we remember that always and in all places he is present with us; that he knows all our thoughts and sees all that we do and that at all times, night and day.” (Owen, 107)

Reveal your heart as the words come

“I have set the Lord always before me; because he is at my right hand, I shall not be moved” (Psa. 16:7-8)

Adore Him

“Thoughts of the presence and power of God not only gave [Daniel] comfort and strength in [his] distress when [he] was alone and helpless, but also courage to defy the tyrant to his face.” (Owen, 109)

Learn what activities keep you close to Him (and which ones drive you apart)

Remember his almighty power

Take in what you see (nature, beauty)
recognize His hand in creation



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Pay attention to Him

Know that His mercy cannot be exhausted

Consider a sunset. Does it ever cease?

Consider the moon

Consider the stars

Hold a baby

Imagine the manger

Imagine Golgotha

Breathe

“Outward troubles also force thoughts up to God” (Owen, 13)

“Prayer is an act of grace arising from the heart.” (Owen, 20)

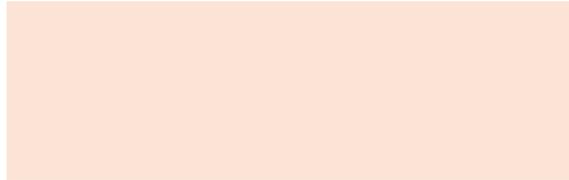


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“The real reason believers enjoy praying is because through prayer they draw near to God. Believers have access to the throne of grace (!!!)” (Owen, 26)
Eph 2:18; Heb. 10:19-20





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Jesus is my captain

Topic

Scripture

Comfort

Mystery

“The mystery that has been kept hidden for ages and generations but is now disclosed to the Lord’s people. To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.” Col 1:26-27

Christ in you
Christ the hope of glory
Christ is superior (Col. 1:15-19)

Hidden

While everyone was marveling at all that Jesus did, he said to his disciples, “Listen carefully to what I am about to tell you: The Son of Man is going to be delivered into the hands of men.” But they did not understand what this meant. It was hidden from them, so that they did not grasp it, and they were afraid to ask him about it.
Luke 9:43-45

“lacked conceptual architecture”
God lifts blinders from our eyes

Choice

“For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”
Heb 12:2

“Offers sustaining hope.”

“Mysteriously, the God-man’s
refusal to avoid his suffering helps



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“And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.” Lk. 22.24

me with mine...sometimes not having a way out is precisely his plan...knowing this and knowing him can bring real comfort when he asks to walk a similar path.”

Thy will be done

“Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed.” Matt. 8:8

He is faithful
He is trustworthy

“This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from the evil one.” Matt. 6.9-13

Excruciating suffering

“These things I have spoken to you so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” John 16:33

Go to Him with suffering

No place to go

“To whom shall we go?” John 6.68

Nowhere better



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Avoid suffering

But slowly I learned that I needed understanding less than I needed to learn to live in [mysteries].

“Only then was the help unlocked”

“I know that you can do all things; no purpose of yours can be thwarted. You asked, ‘Who is this that obscures my plans without knowledge?’ Surely I spoke of things I did not understand, things too wonderful for me to know.” Job 42.1-3

He let me rail

Job

Honest relationship

“Moses returned to the Lord and said, “Why, Lord, why have you brought trouble on this people? Is this why you sent me? Ever since I went to Pharaoh to speak in your name, he has brought trouble on this people, and you have not rescued your people at all.” Ex. 5.22-23

Never alone

“Never will I leave you; never will I forsake you.” Heb. 13.5
“He ordered some strong men from the army to tie them up, hands and feet, and throw them into the roaring furnace. Shadrach, Meshach, and Abednego, bound hand and foot, fully dressed from head to toe, were pitched into the roaring fire. Because the king was in such a hurry and the furnace was so hot, flames from the furnace killed the men who carried Shadrach,

Relief



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Meshach, and Abednego to it, while the fire raged around Shadrach, Meshach, and Abednego. Suddenly King Nebuchadnezzar jumped up in alarm and said, “Didn’t we throw three men, bound hand and foot, into the fire? “That’s right, O king,” they said. “But look!” he said. “I see four men, walking around freely in the fire, completely unharmed! And the fourth man looks like a son of the gods!” Dan 3.19-25

The Son crushed

“He who did not spare his own Son, but gave him up for us all— how will he not also, along with him, graciously give us all things?” Rom. 8.32

God is good even when he does not intervene

Jesus at war with the forces of darkness

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.” Eph. 6.10-14

“His primary mission is [not] to keep me safe”



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He is Immanuel, God *with* us

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” Psa. 23.4

It says, “I walk” –not that I *might* walk in those dark valleys.

The outcome is certain

“As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” Isa. 55.10-11

His light in the dark comforts
His light in the darkness bears witness

“For where is the wrath of the oppressor? The cowering prisoners will soon be set free they will not die in their dungeon.” Isa. 51.14

“The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.” Isa. 61.1

“He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.” Lk. 4.18-19



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Following Him is not safe

Jesus replied, “No one who puts a hand to the plow and looks back is fit for service in the kingdom of God.” Luke 9.62

“Aslan is a lion- the Lion, the great Lion.” “Ooh” said Susan. “I’d thought he was a man. Is he quite safe? I shall feel rather nervous about meeting a lion”... “Safe?” said Mr Beaver ... “Who said anything about safe? ‘Course he isn’t safe. But he’s good. He’s the King, I tell you.”

C.S. Lewis, The Lion, the Witch and the Wardrobe

Bear his name, likeness, identity

“So God created mankind in his own image, in the image of God he created them; male and female he created them.” Gen. 1.27

“costly privilege”

Take up my cross

“Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ²⁵ For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul?” Matt. 16. 24-26

“He spilled out His own life to defeat the powers that enabled [what would happen to me]”



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He doesn't ask us not to hurt

Trust Him with my story

“And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.” Luke 22.44

“On this mountain he will destroy the shroud that enfolds all peoples, the sheet that covers all nations; he will swallow up death forever. The Sovereign Lord will wipe away the tears from all faces; he will remove his people's disgrace from all the earth.

The Lord has spoken.” Isa 25.7-8

“He is a man of sorrows...He doesn't rebuke for pain”

“I began to rest in the arms of the captain who authored my painful life.”

Selah



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Eternal Weight Of Glory **Song by Wendell Kimbrough**

Now the days and hours and moments
Of our suffering seem so long
And the toilsome wait and wond'ring
Threaten silence to our song
Now our pain is real and pressing
Where our faith is thin and weak
But our hope is set on Jesus
And we cling to him, our strength
Oh eternal weight of glory!
Oh inheritance divine!
We will see our Lord redeeming
Every past and future time
All our pains will be transfigured
Like the scars of Christ our Lord
We will see the weight of glory
And our broken years restored
For behold! I tell a myst'ry
At the trumpet sound we'll wake
Death is swallowed up in vict'ry!
When we meet our King of Grace

Every year we thought was wasted
Every night we cried "How long?"
All will be a passing moment
In our Savior's vict'ry song
We will see our wounded Savior
We'll behold him face to face
And we'll hear our anguished stories
Sung as vict'ry songs of grace
For behold! I tell a myst'ry
At the trumpet sound we'll wake
Death is swallowed up in vict'ry!
When we meet our King of Grace
Every year we thought was wasted
Every night we cried "How long?"
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