

PARADIGM SHIFTING - III GROWING A HEALTHY CHURCH SERIES

Text: Luke 24:13-49

Key Word: Shift

Key Thought: It is Time for the Church to Grow past its Stages of Depression

According to Dr. Archibald D. Hart (PhD), depression ranks highest among misunderstood emotions. It is most often seen as a destructive, negative and even demonic condition that we should avoid like the plague. Yet a closer study of it can help us in dealing with anyone (even ourselves) who “suffer” from depression.

One must realize that depression “*wears many hats.*” There is childhood depression, adolescent depression, mid-life crisis depression and elder depression. It is also witnessed during times of bereavement. Depression plays itself out differently for women than it does for men.

If it isn't dealt with properly, the person can often contemplate suicide. It can also lead to levels where people can no longer manage their affairs. This is normally called “*clinical depression.*” The level of depression can sometimes be determined by its duration as well as the severity of its symptoms. When it begins to affect one's sleep patterns, appetite and ability to work and socialize, then treatment is often required to gain a cure.

I believe the Church has often walked through times of depression. It's difficult to admit, but true. I'm not referring to short times of discouragement and sadness even to the point where some may wish they were dead. These lighter forms can often come and go depending upon a number of circumstances.

A story that took place on the day Jesus rose from the dead shows a process to follow to overcome the power of depression.

To Overcome Depression We must Recognize the Following . . .

- I. SEEDS OF DEPRESSION (Luke 24:13-20)**
- II. SERIES OF DISILLUSIONMENTS (Luke 24:21-29)**
- III. SEEKING FOR DELIGHT (Luke 24:30-49)**

I. SEEDS OF DEPRESSION (24:13-20)

No depression becomes fully matured in a day. It begins with a seed. It often finds roots through a death. It could be a literal death as was the case in this story. Here Jesus had been crucified on the outskirts of Jerusalem. What an agonizing death to witness.

A. Injustice (vs 14) - A terrible act of injustice that took place. Many times unjust acts will lead a person into a time of depression. No one should have had to face a **tyranny of justice.** Those who prided themselves in keeping to the very letter of the Law strangely avoided adhering to it. They sidestepped its influence over their own lives while dictating it to others.

B. Insensitivity (vs 15) - These men were so caught up in their depressed state that they never noticed anyone else. Jesus was able to walk right up to them and begin a conversation without them recognizing who He was. We often become insensitive to others around us when depression begins to spread its roots into our lives.

C. Downcast (vs 17b) - Our head often indicates what condition our spirit is in. It may tell a story about our inward man even though we ourselves are not witnessing a direct problem. One such case took place in the Old Testament. In Psalm 42 the children of Israel were being oppressed by their enemies. In reality though, the makers of this Psalm (sons of Korah) were exempted from battle because they were priests. They took upon themselves the feelings of those around them when they should have been leading the nation to trust in God. Interestingly, they didn't allow the seed to grow without questioning three times why they had allowed their soul to be affected.

“Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Saviour and my God.”

Psalm 42:5,11; 43:5

How to Tell When It's Going to be a Rotten Day

You call Suicide Prevention and they put you on hold.
Your twin sister forgot your birthday.
Your car horn goes off accidentally and remains stuck as you follow a group of Hell's Angels on the freeway.
Your boss tells you not to bother to take off your coat.
The bird singing outside your window is a buzzard.
Your income tax cheque bounces.
You put both contact lenses in the same eye.
Your wife says, “*Good morning, Bill,*” and your name is George.

[Author Unknown](#)

II. SERIES OF DISILLUSIONMENTS (24:21-29)

“But we had hoped that he was the one who was going to redeem Israel.”

Luke 24:21

A. Approaching Truth (vs 22)

According to Webster’s dictionary the word **“disillusion”** means **“undeceive.”** This once again is a process. We need to go through a series of disillusionments. Truth must be built upon truth. We pick up a little here and a little there until we come to the knowledge that comes from God in all its fulness.

Even though it was very difficult to understand (‘*some of our women amazed us*’), some of their companions went to the tomb to confirm that the body of Jesus was no longer there. **Truth and facts are a vital link to recovery from depression.**

B. Accepting Truth (vs 25)

Just because we are faced with truth does not mean that we are going to accept it. There can often be an important link that tries to once again bring doubt into our thoughts. In the case of the men walking to Emmaus, they declared that their companions never really saw Jesus. They only saw an empty tomb. They were forced to deal with these facts.

*“How foolish you are, and how slow of heart to believe all that the prophets have spoken!
26. Did not Christ have to suffer these things and then enter his glory?”*

Luke 24:25,26

Some of the hardest truths to accept during our recovery are those that involve pain and suffering. We find it difficult to accept the fact that God allows pain to reveal and fulfill His will.

C. Abiding in Truth (vs 29)

“But they urged him strongly, ‘Stay with us, for it is nearly evening; the day is almost over.’ So he went in to stay with them.”

Luke 24:29

II. SERIES OF DISILLUSIONMENT (24:21-29) (Contd.)

C. Abiding in Truth (vs 29)(Contd.)

The One who not only proclaimed truth but was Truth itself (John 14:6) was about to move on as the evening approached and their journey was about to end. When daylight is about to end (spiritually) and darkness is ready to fall, we must be determined to abide with Truth.

The Clown

*** In 1835 a man visited a doctor in Florence, Italy. He was filled with anxiety and exhausted from lack of sleep. He couldn't eat, and he avoided his friends. The doctor examined him and found that he was in prime physical condition.

Concluding that his patient needed to have a good time, the physician told him about a circus in town and its star performer, a clown named Grimaldi. Night after night he had the people rolling in the aisles. "You must go and see him," the doctor advised. "Grimaldi is the world's funniest clown. He'll make you laugh and cure your sadness."

"No," replied the despairing man, "he can't help me. you see, I am Grimaldi!" ***

Source Unknown

III. SEEKING FOR DELIGHT (24:30-49)

A. In the Right Place (vs 33)

"They got up and returned at once to Jerusalem"

Luke 24:33

The name of "**Jerusalem**" comes from two separate words meaning "**the city of peace.**" We need to leave our **cities of refuge** to abide in the **city of peace**. Once we find truth we need to live in peace. Truth and peace are powerful weapons against overcoming depression. We need to "**return at once**" to the city of peace and abide there until God says its time to leave. This must sound really strange to state that Jerusalem is a city of peace. It has been filled with bloodshed and uprisings.

III. SEEKING FOR DELIGHT (24:30-49) (Contd.)

A. In the Right Place (vs 33) (Contd.)

Cornwall is our city of peace as strange as it may also appear. God has been calling a number of people to Cornwall and they have been witnessing to the fact that they believe God has sent them here for a purpose of bringing in His harvest. Thank God they acted in obedience to His voice. They are in the right place. **There is a Paradigm Shift that is taking place in the spiritual realm.** I am learning to delight in the Lord even though I don't often understand His process.

B. In the Right Word (vs 45-48) - Not only did they have to return to Jerusalem, they also had to have their minds open to the truth of the Scriptures. The Bible is always the right place to be when dealing with depression. But I must also say that it takes someone anointed like the Messiah to often lead us to the right passages that will help us live a life of delighting in God and His will for us.

“Then he opened their minds so they could understand the Scriptures.

46. He told them, ‘This is what is written: The Christ will suffer and rise from the dead on the third day,

47. and repentance and forgiveness of sins will be preached in his name to all nations beginning at Jerusalem.

48. You are witnesses of these things.”

Luke 24:45-48

C. At the Right Time (vs 49)

“I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high.”

Luke 24:49

To reach a new Paradigm, we must be willing to follow God's timing. The example that He is setting for His Church is one based upon a total obedience to His Word. These things may not make sense to us but they are important enough that God has set a time for their fulfilment. We've got to learn to tarry on the Lord. Too many Christians are seeking after the power but refusing to wait upon God. We've got to be in the **Right Place** in the **Right Word** at the **Right Time.**

C:/My Documents/WPWin(X7)/Sermons.2018/Paradigm Shift/Luke24_13.49.wpd

Date: Jan 21/18

Place: FCA

Time: 10:30 Am

Song: I Will Arise and Go Forth - G, C

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B. Insensitivity (vs 15) -

C. Downcast (vs 17b) - *Psalm 42:5,11; 43:5*

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A. Approaching Truth (vs 22) - According to Webster's dictionary the word "*disillusion*" means "*undeceive*."

B. Accepting Truth (vs 25)

C. Abiding in Truth (vs 29) - *John 14:6*

III. SEEKING FOR DELIGHT (24:30-49)

A. In the Right Place (vs 33)

B. In the Right Word (vv. 45-48)

C. At the Right Time (vs. 49)

