

Message: Spiritual Resilience

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John 14:25-28

Resilience: The Art of Moving Forward Sermon Series

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Our series on resilience begins and ends with a spiritual response. Here are four ways we can develop spiritual affections:

1.) Genesis 1-2 describes our good and benevolent Creator. We must always start with God's love. John 3:16, is the most cherished Bible verse because it begins with God's love for the world He created.

2.) When sin entered the world, it spread like a virus to all. Matthew's Gospel quotes John the Baptist's first word as "repent." To repent is to admit we are stained by sin and we must make a U-turn and go in a new direction. Repentance is not a one and done thing. To develop our affections for God is a constant and vigilant realignment with the Lord.

3.) Our Lord's Prayer acknowledges not only are we forgiven but we must forgive others, too. A lack of forgiveness hinders resilience. Bitterness keeps us stuck in anger, depression, isolation, and self-pity. It is toxic.

4.) Generosity builds resilience. Being strong means learning to give to God and to others. Generosity must be learned. "Jesus the Generous" gave us Himself. He is our helper, teacher, comforter, counselor, friend, and advocate. He takes our anxiety and fear and gives us peace. The Holy Spirit is the empowering agent for a follower of Jesus.

APPLICATION: How afraid or anxious are you? Is your heart troubled? How peaceful are you? Are you remembering the words of Jesus? Are you letting the Holy Spirit, the Helper, into your life? Say the Lord's Prayer every day this week and memorize **John 14:27: *Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.***

During this series on Resilience: The Art of Moving Forward, we've spoken about 4 different areas of resilience: the spiritual, the mental, the physical, and the social. Today, we revisit the emphasis upon rebuilding spiritual resilience.

The Gospel in 5 words: Creation/Fall/Israel/Jesus/Church.

Let's set the **context** of our story from John 14:25-28:

- 1.) How many gospels are there? FOUR
- 2.) Who is the main character in the gospels? JESUS

- 3.) Which is the longest/shortest gospel? MATTHEW (28 chapters) MARK (16 chapters)
- 4.) Which was written by a Doctor? LUKE
- 5.) Which Gospel was the first part of a two-part series? LUKE (Acts)
- 6.) How many chapters does John's gospel have? 21
- 7.) Of the 21 chapters in John's gospel, how many are about Jesus' last week and post-resurrection appearances? 10 (12-21)
- 8.) Who was Jesus speaking to in John 14:25-28? DISCIPLES
- 9.) Where were they? UPPER ROOM in JERUSALEM
- 10.) What three events in chapter 13 preceded John 14:25-28?
FOOTWASHING, the LAST SUPPER, JUDAS' departure

John 14:25-28

"These things I have spoken to you while I am still with you. But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."

These are Jesus final words to His disciples before Gethsemane, the trial, and the crucifixion. The Disciples don't know what's about to happen. They just saw Lazarus raised from the dead and Jesus' Triumphal Entry down Palm Sunday Road. These overconfident and ambitious disciples will soon be devastated by a complete reversal of fortune. They will need spiritual resilience.

Jesus promises to give us the Helper, the **HOLY SPIRIT**, sent from the Father.
(Trinity)

3 gifts of the HS:

1.) He will help us **REMEMBER** His teachings. This helps explain how the disciples could write the Gospels with accuracy years later. The HS helped them recall Jesus' words. Think of their memories of being with Jesus. He had lifechanging ideas & miraculous powers. Beyond that, was simply Jesus – not only what He said/did, but who He was. Their memories of Him will build resilience in their lives.

While we never got to travel around with Him like they did, we still have the same HS. We also have scripture and tradition. We can memorize scripture & experience God at work in us.

2.) Jesus gives us His **PEACE**. His peace is different from the secular version (absence of conflict). Following Jesus will create enormous conflicts for the Disciples. Those conflicts begin hours after Jesus told them He would give them peace. He goes to Gethsemane, asks them to pray, is betrayed by the Judas kiss, is

arrested, goes to trial, is scourged, and is killed by the most humiliating death imaginable. Circle of CONCERN/INFLUENCE. Anxiety, anger, agitation, fear. The peace of the Holy Spirit comes into our hearts. Peace (“**shalom**” in Hebrew) is not just the absence of conflict. It is the

Chapter 14 begins with Jesus reassuring them, “don’t let your hearts be troubled.” He says, “Believe in God; believe also in me.”

3.) This will help them to be **PATIENT** & to remember the big picture.

Stephen Ambrose’s book, “Nothing Like It in The World,” describes the building of the transcontinental railroad in America. It was 1,912 miles long. It began in California in 1863 but wasn’t completed until 1869. It was building during the Civil War. Collis Huntington was a major railroad backer in the west. They asked if he wanted to participate in a big ceremony where they laid the first spike. ***“If you want to celebrate over driving the first spike, go ahead and do it. I don’t. Those mountains over there look too ugly. We may fail, and if we do, I want to have as few people know it as we can. Anybody can drive the first spike, but there are months of labor and unrest between the first and the last spike.”*** The railroad was completed in May of 1869 when they pounded into place the last spike, a golden one. Two locomotives (one from the east/west) moved forward until they touched. They sent President Ulysses S. Grant a telegraph that read, “It is finished.”

Too often our understanding of being a Christian is focused on the 1st spike. We are more than “1st spike Christians.” We are to run our race with perseverance (resilience). While we celebrate the first spike, let’s pay attention to EVERY spike, from the 1st to the last, the beginning to the end. We aren’t sprinting; we are in a marathon. Every step is important. Let’s not sit down. Let’s keep running. Let’s not neglect our spiritual lives. Let’s not fall asleep spiritually. We really must work at it. Muscles atrophy w/o use.

John 14:1-3 ***“Let not your hearts be troubled. Believe in God; believe also in me. In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.***

This is why we can have the 2 P’s (peace and patience) – we’re going to heaven. I love the line in our communion liturgy: ***“All the company of heaven.”*** We win. This is the gift of God.

PAT HARGRAVE’S VIDEO Resilience is the art of moving forward. Sometimes it would be easier, less painful not to move forward. But our lives have meaning, and we have purpose...

2 things about Pat's story.

1.) "**Janie Hedrick saved my life.**" She was a Stephen's Minister. They are available to listen, should you need someone to talk to. Just call us and we'll get one assigned to you.

2.) Pat found a place to use her gifts and to serve. She led our **grief share** program for years until she met Carter and they were married.

One of my favorite lines in our communion liturgy is when we say, "**Make us one in ministry to all the world until Christ comes in final victory and we feast at his heavenly banquet**" – that's when the mission ends. Until we get to heaven, we have work to do. Our mission is "Helping Others Follow Jesus." There are all kinds of ways we can do this right now. We aren't passive. We aren't waiting until Covid is gone. We're doing that now. In a race, whether a marathon or a sprint, you don't sit down and expect to win. Sitting it out won't advance the cause. There's no vacation from the mission. There's no retirement from it. I saw part of that mission yesterday with 2nd Saturday and our Food Distribution. You are invited this afternoon from 5:30 – 7:30 to help build social resilience by coming to our "United in Faith" event with World Won for Christ.

Finally, friends – hear the words of Jesus, for He is trustworthy and true: **John 14:27: Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.**