

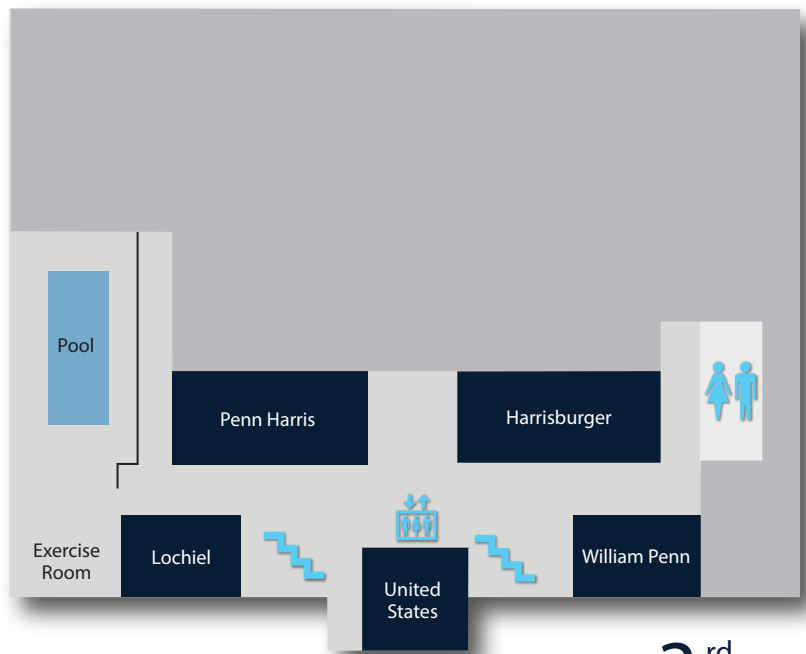


HOPE OUT OF heartache

GOD'S REDEMPTION IN THE BOOK OF RUTH

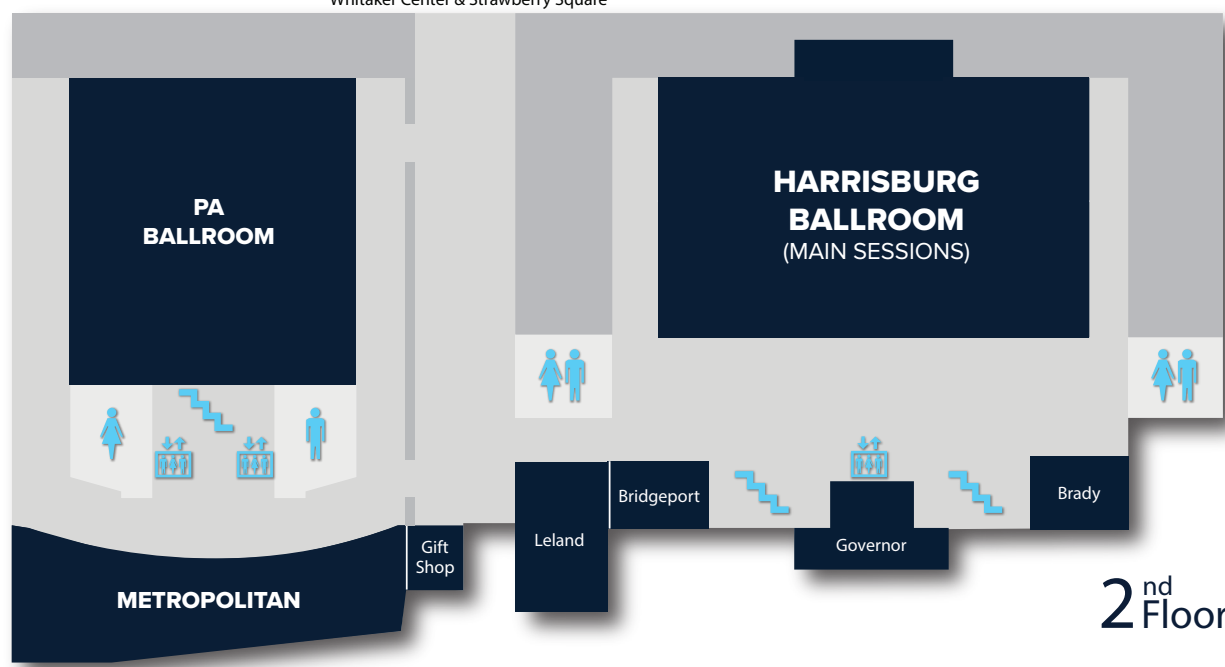


FALL CONFERENCE 2022



3rd Floor

↑ To Parking Garage
Whitaker Center & Strawberry Square



2nd Floor



1st Floor



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Friday Night

6:00–7:30 p.m. **Registration**

7:30–9:00 p.m. **Main session**
Hope Whispers (Clint Watkins)

9:15–10:00 p.m. **Campus groups**

10:30 p.m. **Quiet hours**

Saturday

8:00–9:20 a.m. **Breakfast** – PA Ballroom & Metropolitan
Seating A: 8:00–8:40 a.m.
Seating B: 8:40–9:20 a.m.

9:30–10:50 a.m. **Main session**
Hope Builds (David Royes)

10:50–11:15 a.m. **Beverage Break** – Outside Main Ballroom

11:15 a.m.–12:00 p.m. **Morning Breakout sessions** (descriptions on pages 6–7)
Escaping the Cycle of Worry (Brian Parker) – Main Ballroom
“Your Future Self Will Thank You” (Mark Fodale) – Penn Harris
What to do with the rest of your life (Matt Geiger & Tom Hallman) – Harrisburger
God, Satan, and Me: Your Place in the Cosmic Battle (Lincoln Fitch) – Leland
Pray Without Ceasing (Kaylah Olshefsky) – Governor

12:00–2:00 p.m. **Lunch** – Out on the town (See pages 8–9 for restaurant suggestions)

2:00–3:45 p.m. **Summer Missions Connections** – Outside the Main Ballroom (*list of organizations on page 9*)
The bookstore will also be open outside the Main Ballroom from 12–6pm

4:00–4:45 p.m. **Afternoon Breakout sessions**
Breaking Free from the Tyranny of Overthinking (Tori Zbinden) – Main Ballroom
Godly Romance in a Smartphone World (David & Megan Royes) – Harrisburger
Lament: Honest Faith When Life Feels like Hell (Clint Watkins) – Penn Harris
Grace That is Greater Than Sin (Zack Gugenheim) – Leland
Laughably Limited (Andy Cimbala) – Governor

5:00– 6:20 p.m. **Dinner** – PA Ballroom & Metropolitan
Seating A: 5:00–5:40 p.m.
Seating B: 5:40–6:20 p.m.

6:30–7:30 p.m. **Main session**
Hope Arrives (Joel Martin)

7:45–9:00 p.m. **Worship Night**

9:15–10:00 p.m. **Campus groups**

10:30 p.m. **Quiet hours**

Sunday – Got time? Check out the Sunday Morning Reflection on pgs. 18-19.

7:30–8:00 a.m.	Internship Interest Meeting (<i>optional</i>) – (Penn Harris–3rd Floor) Missions Trip Interest Meeting (<i>optional</i>) – (Harrisburger–3rd Floor)
8:00–9:20 a.m.	Breakfast – PA Ballroom & Metropolitan <i>Seating A:</i> 8:00–8:40 a.m. <i>Seating B:</i> 8:40–9:20 a.m.
9:30–10:15 a.m.	Foundations Breakout sessions (descriptions on pages 6–7) <i>The Healing of Shame: The Rescue of God in Ezekiel 16</i> (Mark Fodale) – Main Ballroom <i>What is the Gospel?</i> (David Royes) – Penn Harris <i>How Change Happens: A Practical Model for Overcoming Sin</i> (Tom Hallman)– Harrisburger <i>Self-Care: Exposed and Explained</i> (Brian Seay) – Leland
10:15–10:30 a.m.	Beverage Break – Outside Main Ballroom
10:30 a.m.–12:00 p.m.	Main session <i>Hope Lasts</i> (Mark Fodale)
12:15 p.m.	Depart

CAMPUS PHOTOS



*Location: Outside
in front of the hotel.*

SATURDAY	Shippensburg University	8:40 AM
	Lebanon Valley College	8:45 AM
	Thaddeus Stevens College	8:50 AM
	Penn State: Altoona	9:00 AM
	Penn State: University Park	9:00 AM
	Grove City College	9:00 AM
	Elizabethtown College	5:00 PM
	Gettysburg College	5:00 PM
	Cedar Crest College	5:15 PM
	DeSales University	5:15 PM
	Lafayette College	5:15 PM
	Muhlenberg College	5:15 PM
	Albright College	5:30 PM
	Alvernia University	5:30 PM
	Kutztown University	5:30 PM
Penn State: Berks	5:30 PM	
SUNDAY	East Stroudsburg University	8:35 AM
	Wilkes University	8:35 AM
	Penn State York & York College	8:40 AM
	Bloomsburg University	8:45 AM
	Bucknell University	8:45 AM
	Lycoming College	8:45 AM
Susquehanna University	8:45 AM	

SATURDAY MORNING BREAKOUT SESSIONS

11:15am–12:00pm

Escaping the Cycle of Worry

Brian Parker (Main Session Room)

“Just don’t worry about it!” Those can be well intended, but some of the most unhelpful and impotent words spoken to us when we are worried about something and anxious thoughts fill our mind. Are worry and anxiety just unwelcome guests that will never leave us, or is there hope to break free from them? Join us as Jesus unpacks the root of worry, and equips us to live a life that is increasingly free from it!

“Your Future Self Will Thank You”

Gospel Power for Breaking Bad Habits (and Making Good Ones!)

Mark Fodale (Penn Harris–3rd Floor)

It’s easy to make excuses or blame our circumstances. But let’s face it: our biggest enemy is usually the one staring back at us from the mirror every morning. And, believe it or not, the gospel promises power for real change in our lives! Join us as we explore what the Bible says about living a disciplined life & developing a strategy for growing in self-control. Get the help you need now - your future self will thank you!

What to do with the rest of your life

Matt Geiger & Tom Hallman (Harrisburger–3rd Floor)

Within the next few years (or months!!), you’ll finally be done with school and you’ll be starting your career. Whether you’ve dreamed of that career for many years or are still figuring it out... do you know what God has to say about it? In this session, we’ll seek to answer that question while offering lots of practical counsel for both short- and long-term career choices... from God’s point of view. Warning: may result in minds being blown.

God, Satan, and Me: Your Place in the Cosmic Battle

Lincoln Fitch (Leland–2nd Floor)

Our default setting is to see the world as if what we see with our eyes is all there is. We go to class, work, and even church with little awareness of the spiritual forces that are at work in the world. The bible shows us that our world is bigger, deeper, and darker. Yet God is doing something epic, something cosmic, to save it. And you and I have a role to play. Together we will see, from Revelation 12, how the perspective of heaven reshapes how we see the world.

Pray Without Ceasing: How To Move From Frustration to Freedom In Our Prayer Life

Kaylah Olshefsky (Governor–2nd Floor)

Praying can make you feel vulnerable. Maybe that’s because you don’t know what to say, or perhaps you have a hard time believing that God is a good Father who cares for his children. No matter where you are in your walk with God, Jesus has made a way and offers us a free invitation to pray to him. Join me as we explore what it means to believe that promise and respond to His invitation.

SATURDAY AFTERNOON BREAKOUT SESSIONS

4:00–4:45pm

Breaking Free from the Tyranny of Overthinking

Tori Zbinden (Main Session Room)

Have you ever had an anxious thought that you found difficult to push from your mind? A thought that keeps you up at night? That takes up free rent inside your mind? The goal of this workshop is to take the overwhelming topic of overthinking, break it down into a biblical framework, and offer gospel hope and freedom from the thoughts inside our own mind.

Godly Romance in a Smartphone World

David and Megan Royes (Harrisburger–3rd Floor)

Dating. Sigh. The idea evokes such excitement, but also dread, confusion, and an abundance of questions. People for generations have wrestled with the exhilarating, mysterious, and sometimes painful topic of romance. But what happens when you add in a culture of smartphones and social media, with virtual relationships literally at your fingertips? This breakout session explores how to navigate the currents of our culture and the desires of our own hearts, while holding fast to the wisdom of the Scriptures and the security of knowing God.

Lament: Honest Faith When Life Feels like Hell

Clint Watkins (Penn Harris–3rd Floor)

We are often pressured to suppress feelings like grief, depression, sadness, and anxiety. But God does not ask us to conceal our sorrow. He invites us to share our struggles through lament. Biblical lament reshapes our idea of strong faith—some of the most steadfast believers look at the world through tears and walk with a limp. Come learn how you can find rugged hope through honest faith.

Grace That is Greater Than Sin: Addressing Hopelessness in the Midst of Failure

Zack Gugenheim (Leland–2nd Floor)

“I will never do that again. I never want to do that again. I just did it again. How could God love me?” Have you ever felt stuck in this pattern? You resolve to never do something again, only to find yourself back to longing for the same sins and patterns you just resolved to stop, wondering how God could ever love someone who does this. What if God still loves? What if His grace is far more powerful than you could imagine? What if there is hope even when you’ve failed for the 1000th time? Let’s find hope together, and find the God of grace who not only promises to change us, but give us a deeper satisfaction of our desires.

Laughably Limited: How Admitting our Weakness Leads to Gospel Strength

Andy Cimbala (Governor–2nd Floor)

As human beings, we’re deeply limited. We can only be in one place at a time, we have to sleep, it takes years to get through college, and we often experience illness, tiredness, or weakness. And yet our culture demands strength and ties our self-worth into our performance, which leads to anxiety, overwork, and sometimes burnout. Join us as we explore how the gospel speaks into our weakness and limits, and experience the good news of God’s grace.

FOUNDATIONS BREAKOUT SESSIONS

Sunday, 9:30–10:15am

The Healing of Shame: The Rescue of God in Ezekiel 16*

Mark Fodale (Main Session Room)

Can shame be healed? Can glory emerge from brokenness? The compelling story of an abandoned woman's journey, recorded in Ezekiel 16, provides the setting for one of the clearest & most compelling pictures of the gospel in the Bible!

What is the Gospel?*

David Royes (Penn Harris–3rd Floor)

God. Jesus. Bible. Sin. Grace. Perhaps you feel overwhelmed by these “religious words” and are unsure of how they all come together. For others, we've grown up with these things, yet have become numb to the reality of which they speak. The tangible world can seem so much more real to us than an invisible God. Yet understanding the gospel with clarity enables us to perceive what's at stake in the world around us. This breakout will help you have confidence about the world's most precious message. Join us to learn how the gospel is good news for the seeker, hope for the struggling, and life-changing for those bored with religion.

How Change Happens: A Practical Model for Overcoming Sin

Tom Hallman (Harrisburger–3rd Floor)

The Bible is full of commands to change. But what if you've tried to change... and it just doesn't “stick”? In this session, you'll learn why that happens - and you'll be equipped with a simple model for experiencing true, lasting change.

Self-Care: Exposed and Explained

Brian Seay (Leland–2nd Floor)

We live in unsettled times. More than ever there is a call to good “self-care” to maintain ourselves in the midst of it. But how does this suggestion square up to the Biblical calling to “deny yourself, pick up your cross, and follow” Jesus? In this breakout we'll explore the Scriptures to find the answer.

** These sessions are recommended for first time Fall Conference attendee's.*

SUMMER MISSIONS

CONNECTIONS

Saturday from 2-3:45pm outside the Main Ballroom

ABWE

The ABWE mission is to fulfill the Great Commission by multiplying leaders, churches, and missions movements among all peoples. As a mission, we help missionaries go and the local church send to more than 70 countries, serving in teams committed to evangelism, discipleship, church planting, and national leadership development among the lost and unreached.

Africa Inland Mission (AIM)

Africa Inland Mission is seeking disciples of Jesus who desire to leverage their faith, skills, and passions for the building up of Christ's church among African unreached people groups. Internships, training teams, and opportunities among refugees & immigrants! Start the conversation today.

Christar

The vision of Christar is to cultivate Christ-honoring transformation in communities where He is yet to be worshiped. Creatively reaching Buddhist, Hindu and Muslim communities worldwide.

CrossWorld

Crossworld is passionate to impact least reached communities with the Gospel by sending disciple-makers from all professions to bring God's love to life there. We send disciple-makers who are vocational ministry workers and Marketplace professionals to the least reached.

DiscipleMakers

DiscipleMakers exists to raise up effective disciple-making disciples of Jesus Christ on college campuses. We accomplish this through training college students in Bible study, gospel-driven discipleship, and evangelism. Visit our table to learn about internship and career opportunities!

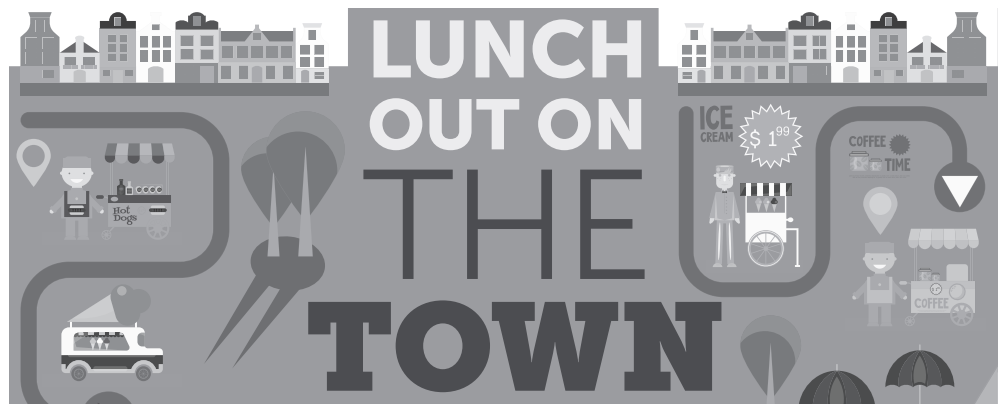
Pioneers

Pioneers empowers gospel-driven Christians to go to the ends of the earth together in relentless pursuit of the unreached. As we go, our mission is to initiate church-planting movements in partnership with the local church.





Recommended Group Size Key:
 L= 7+
 M= 5-6
 S= 2-4



★ **Hilton Harrisburg**

- ① **Strawberry Square Food Court**
 - Chef Chen's Express
Asian Fusion • \$ • L • ⌚ 1 Min
 - Two Brothers Pizza
Pizza • \$ • L • ⌚ 1 Min
 - Tropical Smoothie Café
Salads, Wraps, Flatbreads • \$ • L • ⌚ 1 Min
 - Sakura Tokyo Express
Asian Fusion • \$ • L • ⌚ 1 Min
- ② **Ad Lib Craft Kitchen & Bar**
American • \$\$ • M • ⌚ 1 Min
- ③ **New 2nd Wok**
Chinese • \$ • M • ⌚ 2 Min
- ④ **Fresa Bistro**
Salads & Wraps • \$\$ • M • ⌚ 2 Min
- ⑤ **Au Bon Lieu**
Crepes & Coffee • \$ • S • ⌚ 3 Min
- ⑥ **Arooga's**
Traditional American • \$\$ • M • ⌚ 3 Min
- ⑦ **McGrath's Pub**
New American • \$\$ • M • ⌚ 3 Min
- ⑧ **Miyako Sushi**
Japanese • \$\$ • M • ⌚ 4 Min
- ⑨ **Federal Taphouse**
New American • \$\$ • S • ⌚ 4 Min
- ⑩ **Roxy's Cafe**
American • \$ • M • ⌚ 5 Min
- ⑪ **Burger Yum**
Burgers • \$ • M • ⌚ 6 Min
- ⑫ **MASA**
Mexican • \$ • M • ⌚ 7 Min
- ⑬ **Arepa House**
Venezuelan • \$\$ • M • ⌚ 7 Min
- ⑭ **The Vegetable Hunter**
Vegetarian; Vegan • \$\$ • M • ⌚ 8 Min
- ⑮ **Cork & Fork**
Italian • \$\$ • L - If you call ahead • ⌚ 8 Min
- ⑯ **Aleco's Cafe & Restaurant**
Italian/American • \$ • L - If you call ahead • ⌚ 11 Min
- ⑰ **Passage to India**
Indian • \$\$ • M • ⌚ 11 Min
- ⑱ **The Sturges Speakeasy**
New American • \$\$ • M • ⌚ 14 Min
- ⑲ **Broad Street Market**
 Various dining options:
visit-broadstreetmarket.org
 \$-\$\$ • L • ⌚ 17 Min

Scripture References

Hope Whispers

Ruth 1:1-22

¹ In the days when the judges ruled there was a famine in the land, and a man of Bethlehem in Judah went to sojourn in the country of Moab, he and his wife and his two sons. ² The name of the man was Elimelech and the name of his wife Naomi, and the names of his two sons were Mahlon and Chilion. They were Ephrathites from Bethlehem in Judah. They went into the country of Moab and remained there. ³ But Elimelech, the husband of Naomi, died, and she was left with her two sons. ⁴ These took Moabite wives; the name of the one was Orpah and the name of the other Ruth. They lived there about ten years, ⁵ and both Mahlon and Chilion died, so that the woman was left without her two sons and her husband.

⁶ Then she arose with her daughters-in-law to return from the country of Moab, for she had heard in the fields of Moab that the Lord had visited his people and given them food. ⁷ So she set out from the place where she was with her two daughters-in-law, and they went on the way to return to the land of Judah. ⁸ But Naomi said to her two daughters-in-law, "Go, return each of you to her mother's house. May the Lord deal kindly with you, as you have dealt with the dead and with me." ⁹ The Lord grant that you may find rest, each of you in the house of her husband!" Then she kissed them, and they lifted up their voices and wept. ¹⁰ And they said to her, "No, we will return with you to your people." ¹¹ But Naomi said, "Turn back, my daughters; why will you go with me? Have I yet sons in my womb that they may become your husbands?" ¹² Turn back, my daughters; go your way, for I am too old to have a husband. If I should say I have hope, even if I should have a husband this night and should bear sons, ¹³ would you therefore wait till they were grown? Would you therefore refrain from marrying? No, my daughters, for it is exceedingly bitter to me for your sake that the hand of the Lord has gone out against me." ¹⁴ Then they lifted up their voices and wept again. And Orpah kissed her mother-in-law, but Ruth clung to her.

¹⁵ And she said, "See, your sister-in-law has gone back to her people and to her gods; return after your sister-in-law." ¹⁶ But Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God. ¹⁷ Where you die I will die, and there will I be buried. May the Lord do so to me and more also if anything but death parts me from you." ¹⁸ And when Naomi saw that she was determined to go with her, she said no more.

¹⁹ So the two of them went on until they came to Bethlehem. And when they came to Bethlehem, the whole town was stirred because of them. And the women said, "Is this Naomi?" ²⁰ She said to them, "Do not call me Naomi; call me Mara, for the Almighty has dealt very bitterly with me. ²¹ I went away full, and the Lord has brought me back empty. Why call me Naomi, when the Lord has testified against me and the Almighty has brought calamity upon me?"

²² So Naomi returned, and Ruth the Moabite her daughter-in-law with her, who returned from the country of Moab. And they came to Bethlehem at the beginning of barley harvest.

Judges 21:25

In those days there was no king in Israel. Everyone did what was right in his own eyes.

Hebrews 5:7

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence.

“The basic logic of the Bible is this: if you care about others and the kingdom and mission of God in this world, you will be and you should be full of sorrow when you or those you love are injured, suffer loss, or die.” – J. Alasdair Groves & Winston T. Smith

I. Cries of Heartache

- A. Uncertain times

- B. Unbearable trials

- C. Unrestrained tears

II. Whispers of Hope

- A. God's patience

- B. God's people

- C. God's presence

Scripture References

Hope Builds

Ruth 1

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²² So Naomi returned, and Ruth the Moabite her daughter-in-law with her, who returned from the country of Moab. And they came to Bethlehem at the beginning of barley harvest.

Ruth 2

Now Naomi had a relative of her husband's, a worthy man of the clan of Elimelech, whose name was Boaz. ² And Ruth the Moabite said to Naomi, "Let me go to the field and glean among the ears of grain after him in whose sight I shall find favor." And she said to her, "Go, my daughter." ³ So she set out and went and gleaned in the field after the reapers, and she happened to come to the part of the field belonging to Boaz, who was of the clan of Elimelech. ⁴ And behold, Boaz came from Bethlehem. And he said to the reapers, "The Lord be with you!" And they answered, "The Lord bless you." ⁵ Then Boaz said to his young man who was in charge of the reapers, "Whose young woman is this?" ⁶ And the servant who was in charge of the reapers answered, "She is the young Moabite woman, who came back with Naomi from the country of Moab." ⁷ She said, 'Please let me glean and gather among the sheaves after the reapers.' So she came, and she has continued from early morning until now, except for a short rest."

⁸ Then Boaz said to Ruth, "Now, listen, my daughter, do not go to glean in another field or leave this one, but keep close to my young women. ⁹ Let your eyes be on the field that they are reaping, and go after them. Have I not charged the young men not to touch you? And when you are thirsty, go to the vessels and drink what the young men have drawn." ¹⁰ Then she fell on her face, bowing to the ground, and said to him, "Why have I found favor in your eyes, that you should take notice of me, since I am a foreigner?"

¹¹ But Boaz answered her, "All that you have done for your mother-in-law since the death of your husband has been fully told to me, and how you left your father and mother and your native land and came to a people that you did not know before.

¹² The Lord repay you for what you have done, and a full reward be given you by the Lord, the God of Israel, under whose wings you have come to take refuge!" ¹³ Then she said, "I have found favor in your eyes, my lord, for you have comforted me and spoken kindly to your servant, though I am not one of your servants."

¹⁴ And at mealtime Boaz said to her, "Come here and eat some bread and dip your morsel in the wine." So she sat beside the reapers, and he passed to her roasted grain. And she ate until she was satisfied, and she had some left over. ¹⁵ When she rose to glean, Boaz instructed his young men, saying, "Let her glean even among the sheaves, and do not reproach her. ¹⁶ And also pull out some from the bundles for her and leave it for her to glean, and do not rebuke her."

¹⁷ So she gleaned in the field until evening. Then she beat out what she had gleaned, and it was about an ephah of barley. ¹⁸ And she took it up and went into the city. Her mother-in-law saw what she had gleaned. She also brought out and gave her what food she had left over after being satisfied.

Genesis 17:7

And I will establish my covenant between me and you and your offspring after you throughout their generations for an everlasting covenant, to be God to you and to your offspring after you.

Exodus 6:7

I will take you to be my people, and I will be your God

Jeremiah 31:33

For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.

Revelation 21:7

The one who conquers will have this heritage, and I will be his God and he will be my son

“Blessed be the Lord, who has not left you this day without a redeemer, and may his name be renowned in Israel!” – Ruth 4:14

I. There is a Faith That is Despite Circumstance

- Being anchored in the God of covenant promises

II. There is a King Who is Over Catastrophe

“The Lord watches over the sojourners; he upholds the widow and the fatherless” Ps. 146:9

- A. He orders all happenings
- B. He turns people’s hearts
- C. He vindicates her pain

III. There is a Love That is Greater Than Loss

“Let us be clear, good luck is not enthroned over the universe. There is only ONE who occupies the celestial throne. This one wears the diadem and reigns from on high. He alone presides over all temporal affairs... the Lord God himself is this ruling King... With unwavering clarity the Bible declares the supremacy of God over all that exists... Heaven and earth are not run by a democracy... and to this present hour, God is governing over all the affairs of providence. Moment by moment he is causing all things to work together for the good of his people. God has not abdicated his throne. He is not on sabbatical.” – Steve Lawson

“Every tear you’ve cried – think of it – will be redeemed. God will give you indescribable glory for your grief. Not with a general wave of the hand, but in a considered and specific way. Each tear has been listed, each will be recompensed... Something so grand, so glorious is going to happen in the world’s finale... that it will suffice for every hurt, it will compensate for every inhumanity, and it will atone for every terror... You will see your daughter unfettered from her cerebral palsy. You will know the freedom of a pure heart. You will know your friends as God intended them... no bruises... no confused thoughts, no mental illness... YOU will experience love like you never dared imagine. This is good news for people who have never been the ‘most important person’ in anyone’s life” – Joni Earekson-Tada

Ruth 1:22b - 3:18

^{22b}And they came to Bethlehem at the beginning of barley harvest.

Ruth 2

¹ Now Naomi had a relative of her husband's, a worthy man of the clan of Elimelech, whose name was Boaz. ² And Ruth the Moabite said to Naomi, "Let me go to the field and glean among the ears of grain after him in whose sight I shall find favor." And she said to her, "Go, my daughter." ³ So she set out and went and gleaned in the field after the reapers, and she happened to come to the part of the field belonging to Boaz, who was of the clan of Elimelech. ⁴ And behold, Boaz came from Bethlehem. And he said to the reapers, "The LORD be with you!" And they answered, "The LORD bless you." ⁵ Then Boaz said to his young man who was in charge of the reapers, "Whose young woman is this?" ⁶ And the servant who was in charge of the reapers answered, "She is the young Moabite woman, who came back with Naomi from the country of Moab." ⁷ She said, 'Please let me glean and gather among the sheaves after the reapers.' So she came, and she has continued from early morning until now, except for a short rest."

⁸ Then Boaz said to Ruth, "Now, listen, my daughter, do not go to glean in another field or leave this one, but keep close to my young women. ⁹ Let your eyes be on the field that they are reaping, and go after them. Have I not charged the young men not to touch you? And when you are thirsty, go to the vessels and drink what the young men have drawn." ¹⁰ Then she fell on her face, bowing to the ground, and said to him, "Why have I found favor in your eyes, that you should take notice of me, since I am a foreigner?" ¹¹ But Boaz answered her, "All that you have done for your mother-in-law since the death of your husband has been fully told to me, and how you left your father and mother and your native land and came to a people that you did not know before. ¹² The LORD repay you for what you have done, and a full reward be given you by the LORD, the God of Israel, under whose wings you have come to take refuge!" ¹³ Then she said, "I have found favor in your eyes, my lord, for you have comforted me and spoken kindly to your servant, though I am not one of your servants."

¹⁴ And at mealtime Boaz said to her, "Come here and eat some bread and dip your morsel in the wine." So she sat beside the reapers, and he passed to her roasted grain. And she ate until she was satisfied, and she had some left over. ¹⁵ When she rose to glean, Boaz instructed his young men, saying, "Let her glean even among the sheaves, and do not reproach her. ¹⁶ And also pull out some from the bundles for her and leave it for her to glean, and do not rebuke her."

¹⁷ So she gleaned in the field until evening. Then she beat out what she had gleaned, and it was about an ephah of barley. ¹⁸ And she took it up and went into the city. Her mother-in-law saw what she had gleaned. She also brought out and gave her what food she had left over after being satisfied. ¹⁹ And her mother-in-law said to her, "Where did you glean today? And where have you worked? Blessed be the man who took notice of you." So she told her mother-in-law with whom she had worked and said, "The man's name with whom I worked today is Boaz."

²⁰ And Naomi said to her daughter-in-law, "May he be blessed by the LORD, whose kindness has not forsaken the living or the dead!" Naomi also said to her, "The man is a close relative of ours, one of our redeemers." ²¹ And Ruth the Moabite said, "Besides, he said to me, 'You shall keep close by my young men until they have finished all my harvest.'" ²² And Naomi said to Ruth, her daughter-in-law, "It is good, my daughter, that you go out with his young women, lest in another field you be assaulted." ²³ So she kept close to the young women of Boaz, gleaning until the end of the barley and wheat harvests. And she lived with her mother-in-law.

Ruth 3

¹ Then Naomi her mother-in-law said to her, "My daughter, should I not seek rest for you, that it may be well with you? ² Is not Boaz our relative, with whose young women you were? See, he is winnowing barley tonight at the threshing floor. ³ Wash therefore and anoint yourself, and put on your cloak and go down to the threshing floor, but do not make yourself known to the man until he has finished eating and drinking. ⁴ But when he lies down, observe the place where he lies. Then go and uncover his feet and lie down, and he will tell you what to do." ⁵ And she replied, "All that you say I will do."

⁶ So she went down to the threshing floor and did just as her mother-in-law had commanded her. ⁷ And when Boaz had eaten and drunk, and his heart was merry, he went to lie down at the end of the heap of grain. Then she came softly and uncovered his feet and lay down. ⁸ At midnight the man was startled and turned over, and behold, a woman lay at his feet! ⁹ He said, "Who are you?" And she answered, "I am Ruth, your servant. Spread your wings over your servant, for you are a redeemer." ¹⁰ And he said, "May you be blessed by the LORD, my daughter. You have made this last kindness greater than the first in that you have not gone after young men, whether poor or rich. ¹¹ And now, my daughter, do not fear. I will do for you all that you ask, for all my fellow townsmen know that you are a worthy woman. ¹² And now it is true that I am a redeemer. Yet there is a redeemer nearer than I. ¹³ Remain tonight, and in the morning, if he will redeem you, good; let him do it. But if he is not willing to redeem you, then, as the LORD lives, I will redeem you. Lie down until the morning."

¹⁴ So she lay at his feet until the morning, but arose before one could recognize another. And he said, "Let it not be known that the woman came to the threshing floor." ¹⁵ And he said, "Bring the garment you are wearing and hold it out." So she held it, and he measured out six measures of barley and put it on her. Then she went into the city. ¹⁶ And when she came to her mother-in-law, she said, "How did you fare, my daughter?" Then she told her all that the man had done for her, ¹⁷ saying, "These six measures of barley he gave to me, for he said to me, 'You must not go back empty-handed to your mother-in-law.'" ¹⁸ She replied, "Wait, my daughter, until you learn how the matter turns out, for the man will not rest but will settle the matter today."

I. Seeing The Redeemer (Ruth 2)

- A. The Redeemer Is Strong

- B. The Redeemer Is Godly

- C. The Redeemer Is A Protector

- D. The Redeemer Is Generous

II. Responding To The Redeemer (Ruth 3)

- A. Risking Hope

- B. Risking Harm

III. Christ Is Our Redeemer

- A. Seeing Jesus Our Redeemer

- B. Responding To Jesus Our Redeemer

Scripture References

Sunday Morning Reflection

Ruth 4:1-12

¹ Now Boaz had gone up to the gate and sat down there. And behold, the redeemer, of whom Boaz had spoken, came by. So Boaz said, “Turn aside, friend; sit down here.” And he turned aside and sat down. ² And he took ten men of the elders of the city and said, “Sit down here.” So they sat down. ³ Then he said to the redeemer, “Naomi, who has come back from the country of Moab, is selling the parcel of land that belonged to our relative Elimelech. ⁴ So I thought I would tell you of it and say, ‘Buy it in the presence of those sitting here and in the presence of the elders of my people.’ If you will redeem it, redeem it. But if you will not, tell me, that I may know, for there is no one besides you to redeem it, and I come after you.” And he said, “I will redeem it.” ⁵ Then Boaz said, “The day you buy the field from the hand of Naomi, you also acquire Ruth the Moabite, the widow of the dead, in order to perpetuate the name of the dead in his inheritance.” ⁶ Then the redeemer said, “I cannot redeem it for myself, lest I impair my own inheritance. Take my right of redemption yourself, for I cannot redeem it.”

⁷ Now this was the custom in former times in Israel concerning redeeming and exchanging: to confirm a transaction, the one drew off his sandal and gave it to the other, and this was the manner of attesting in Israel. ⁸ So when the redeemer said to Boaz, “Buy it for yourself,” he drew off his sandal. ⁹ Then Boaz said to the elders and all the people, “You are witnesses this day that I have bought from the hand of Naomi all that belonged to Elimelech and all that belonged to Chilion and to Mahlon. ¹⁰ Also Ruth the Moabite, the widow of Mahlon, I have bought to be my wife, to perpetuate the name of the dead in his inheritance, that the name of the dead may not be cut off from among his brothers and from the gate of his native place. You are witnesses this day.” ¹¹ Then all the people who were at the gate and the elders said, “We are witnesses. May the Lord make the woman, who is coming into your house, like Rachel and Leah, who together built up the house of Israel. May you act worthily in Ephrathah and be renowned in Bethlehem, ¹² and may your house be like the house of Perez, whom Tamar bore to Judah, because of the offspring that the Lord will give you by this young woman.”

Galatians 3:13-14

¹³ Christ redeemed us from the curse of the law by becoming a curse for us—for it is written, “Cursed is everyone who is hanged on a tree”— ¹⁴ so that in Christ Jesus the blessing of Abraham might come to the Gentiles, so that we might receive the promised Spirit through faith.

Read Ruth 4:1-12. Then read the reflection and work through the questions below.

As we continue the story of Ruth, we see Boaz's determination to 1) protect a vulnerable family (Naomi and the name of Elimelech) and 2) pursue marrying Ruth. Ruth and Naomi do not appear in this narrative, but the writer signals to us (in verses 1 & 7) that their interests are being represented.

Many details of this story may seem unusual to us. They were probably strange to the original readers as well, since the author has to explain ancient customs in verse 7. "Redeeming" refers to legally ensuring a secure future for the most vulnerable in society. The narrative happens at the town "gate," which has similarities to our modern practice of applying for a marriage license in a courthouse. Boaz talks about his legal ability to marry Ruth (read Leviticus 25:25-28 for context), where we learn that securing the future of someone else requires great sacrifice. In other words, redemption is costly.

Consider these questions as you read and reflect on the passage.

1. How do verses 5-7 help us understand that redemption has a cost?
2. How does Galatians 3:13-14 help us connect Ruth 4 with God's broader plan of redemption?
3. How might this passage help you to better understand Jesus' actions on behalf of vulnerable people?
4. How does Jesus' costly redemption for his people impact you personally?

Scripture References

Hope Lasts

Ruth 4:13-22

¹³ So Boaz took Ruth, and she became his wife. And he went in to her, and the Lord gave her conception, and she bore a son. ¹⁴ Then the women said to Naomi, “Blessed be the Lord, who has not left you this day without a redeemer, and may his name be renowned in Israel! ¹⁵ He shall be to you a restorer of life and a nourisher of your old age, for your daughter-in-law who loves you, who is more to you than seven sons, has given birth to him.” ¹⁶ Then Naomi took the child and laid him on her lap and became his nurse. ¹⁷ And the women of the neighborhood gave him a name, saying, “A son has been born to Naomi.” They named him Obed. He was the father of Jesse, the father of David.

¹⁸ Now these are the generations of Perez: Perez fathered Hezron, ¹⁹ Hezron fathered Ram, Ram fathered Amminadab, ²⁰ Amminadab fathered Nahshon, Nahshon fathered Salmon, ²¹ Salmon fathered Boaz, Boaz fathered Obed, ²² Obed fathered Jesse, and Jesse fathered David.

Matthew 1:5-6, 16

Salmon the father of Boaz by Rahab, and Boaz the father of Obed by Ruth, and Obed the father of Jesse, and Jesse the father of David the king ... and Jacob the father of Joseph the husband of Mary, of whom Jesus was born, who is called Christ.

When life appears hopeless, hold on, because hope is on the way... Your true Father is the God of all hope ... He has created you for joy and hope. It's coming, but you've got to hold on.

Joni Eareckson Tada, Hope: The Best of Things

I. God Restores Hope to Naomi

- A. A Direct Gift
- B. A Faithful Hand
- C. An End to Emptiness
- D. A Faithful Redeemer
- E. A Worthy Daughter-in-law

II. God Restores Hope to Israel

III. God Restores Hope to Us

- Rest your hope in God's faithful work in Christ
- Proclaim Christ to those around you

Additional Resources

Escaping the Cycle of Worry

Matthew 6:19-34 (1984 NIV)

¹⁹ “Do not store up for yourselves treasures on earth, where moths and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and rust do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² “The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. ²³ But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

²⁴ “No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and money.

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more

important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Who of you by worrying can add a single hour to his life?

²⁸ “And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Working through Your Worry (adapted from CCEF Counselor David Powlison)

A. Name the worry you are facing right now

1. Anxiety feels endless and infinite - but it's often finite and specific.
2. I am worried about _____
_____.

B. Identify how you express anxiety

1. It can take different forms (tension headaches, obsessive thoughts, escaping to food or entertainment, panic, etc.)
2. What I am worried about shows up as _____.

C. Ask yourself, “Why am I anxious?”

1. I want, crave, expect _____
_____.
2. I fear losing or never getting _____
_____.

D. Connect a promise of Jesus to your anxiety.

1. When Jesus said _____
_____ in Matthew 6,
it gave me courage, hope, strength, etc.

E. Talk to your Father

1. He cares about the things you worry about and knows your needs.
2. If it helps, you can write out a short prayer.
“Father, _____

_____ Amen.”

My life has been full of terrible misfortunes, most of which never happened. – Michel de Montaigne

I. Jesus Reveals the Heart Behind Our Worry (v. 19-24)

- A. Store up the wrong kind of _____ (v. 19-21)
- B. Cultivate unhealthy _____ with our eyes (v. 22-23)
- C. Serve more than one _____ (v. 24)

II. Jesus Helps Us Fight Our Worry (v. 25-34)

- A. Expand your _____ for life. (v. 25)
 - 1. *“He is no fool, who gives what he cannot keep to gain what he cannot lose.”* Jim Elliot
- B. Understand how _____ you are to God. (v. 26)
- C. See the _____ of worrying. (v. 27)
 - 1. Ask yourself: What good is my worrying actually accomplishing?
- D. Celebrate how God has _____ you. (v. 28-30)
- E. Trust that God knows your _____ even better than you. (v. 32)
- F. Know that no day is _____ with trouble. (v. 34)

III. Working through Your Worry (adapted from CCEF Counselor David Powlison) - pg 22

... the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control... –Galatians 5:22-23

I. Our Condition

*Your future self will always see your present self as unwise and immature.
That means you are currently a fool right now.*
Timothy Keller

II. God’s Solution

Better to be patient than powerful; better to have self-control than to conquer a city.
Proverbs 16:32

A. The Gift of Self-Control

1. What is it?

*The ability to resist doing something you shouldn’t do (but want to),
as well as the ability to do something you should do (but don’t want to).*

- “Sober-minded” (2 Timothy 4:5; 1 Peter 5:8)
- “Bridle” (James 1:26. 3:2)
- “Sensible” (2 Timothy 3:2; Titus 2:2)
- “Self-control” (Galatians 5:23; 2 Peter 1:6)

2. What is a temporary substitute?

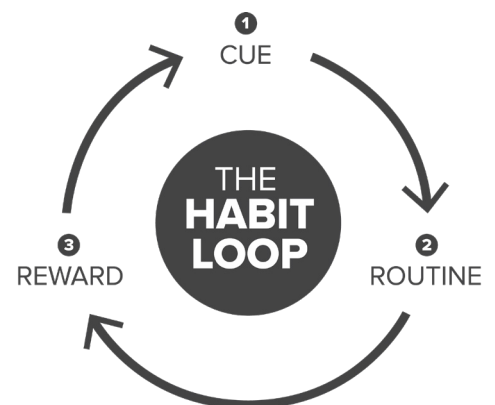
3. What is the goal?

Jesus said, “You shall love the Lord your God with all your heart & with all your soul & with all your mind. This is the great & first commandment. And a second is like it: You shall love your neighbor as yourself.”
Matthew 22:37-39

B. The Power of Habits

“A habit is an action that becomes the pattern for unconscious behavior.”

1. How do habits form?



2. How do we form habits?

- One at a time
- Swap & start small
- Invest the time
- Don't lose heart

Additional Resources

Proverbs 3:1-8

My son, do not forget my teaching, but let your heart keep my commandments, for length of days and years of life and peace they will add to you. Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart. So you will find favor and good success in the sight of God and man. Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil.

Proverbs 1:5

Let the wise hear & increase in learning, and the one who understands obtain guidance ...

Quotes

Self-control isn't just one good character trait, a nice addition to the list of virtues that flow from the Spirit. It's foundational. Not because it's more important than other virtues, but because the others rely upon it. Think about it. Can you be faithful to your spouse without self-control? Can you be generous without self-control? Peaceable? Selfless? Honest? Kind? No, even the most basic altruism requires suspending your own interests to think of others. And that can't happen without self-control ... Self-control is key. – Drew Dyck, *Your Future Self Will Thank You*

Willpower is the emotional energy needed to withstand temptation. From a strictly human perspective, it's what enables self-control. It's the fuel. Willpower is required for a range of activities – from resisting temptation to learning new tasks to making decisions. But willpower is limited. And we usually don't have enough. – Monica Kim, *Habits of the Heart*

We are creatures of habit, and I have to assume that God designed us this way. He designed us so we form neurological pathways that condition us to do certain things in a kind of routine. When a habit emerges, the brain stops fully participating in decision making. It stops working so hard, or diverts focus to other tasks. So unless you deliberately fight a habit—unless you find new routines—the pattern will unfold automatically.

Habits allow behavior to unfold automatically and without thinking, so that once we set them in motion, they unfold along established pathways. The problem is that your brain can't tell the difference between bad and good habits, and so if you have a bad one, it's always lurking there, waiting for the right cues and rewards. Both virtue and vice can be packaged within habits so that, to some degree, both positive and negative actions can be done on a near-subconscious level. This is why we teach ourselves to form habits like reading the Bible at the very beginning of the day or to have family worship immediately after dinner—once the habit is established, we will obey its summons to do those things that are so important to our lives. And this is why we have such trouble battling those long-established habits of sin—once the habit is established, we will battle to disobey its summons to do those things that are so destructive. It seems like it should be so easy to stop looking at pornography, to stop drinking to excess, or to stop gorging ourselves on food, but our habits drive and cajole us into old patterns.

– Tim Challies, *The Power of Habits*

Additional Resources

What to do with the rest of your life

Matthew 28:18-20

¹⁸ And Jesus came and said to them, “All authority in heaven and on earth has been given to me. ¹⁹ Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”

Ephesians 2:1-10

¹ And you were dead in the trespasses and sins ² in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— ³ among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. ⁴ But God, being rich in mercy, because of the great love with which he loved us, ⁵ even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— ⁶ and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷ so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. ⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast. ¹⁰ For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

1 Corinthians 12:4-11

⁴ Now there are varieties of gifts, but the same Spirit; ⁵ and there are varieties of service, but the same Lord; ⁶ and there are varieties of activities, but it is the same God who empowers them all in everyone. ⁷ To each is given the manifestation of the Spirit for the common good. ⁸ For to one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, ⁹ to another faith by the same Spirit, to another gifts of healing by the one Spirit, ¹⁰ to another the working of miracles, to another prophecy, to another the ability to distinguish between spirits, to another various kinds of tongues, to another the interpretation of tongues. ¹¹ All these are empowered by one and the same Spirit, who apportions to each one individually as he wills.

Only one life, 'twill soon be past, Only what's done for Christ will last. – C. T. Studd

What God thinks of your career

A. It's altogether Mine (Matthew 28:18-20)

Application (v19):

B. It's gloriously purposeful (Ephesians 2:1-10)

Application (v10):

C. It's uniquely yours (1 Corinthians 12:4-11)

Application (v7):

What to do with the rest of your life

What to do next summer

Additional Resources

God, Satan, and Me: Your Place in the Cosmic Battle

Revelation 12

¹And a great sign appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. ²She was pregnant and was crying out in birth pains and the agony of giving birth. ³And another sign appeared in heaven: behold, a great red dragon, with seven heads and ten horns, and on his heads seven diadems. ⁴His tail swept down a third of the stars of heaven and cast them to the earth. And the dragon stood before the woman who was about to give birth, so that when she bore her child he might devour it. ⁵She gave birth to a male child, one who is to rule all the nations with a rod of iron, but her child was caught up to God and to his throne, ⁶and the woman fled into the wilderness, where she has a place prepared by God, in which she is to be nourished for 1,260 days.

⁷Now war arose in heaven, Michael and his angels fighting against the dragon. And the dragon and his angels fought back, ⁸but he was defeated, and there was no longer any place for them in heaven. ⁹And the great dragon was thrown down, that ancient serpent, who is called the devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him. ¹⁰And I heard a loud voice in heaven, saying, “Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God. ¹¹And they have conquered him by the blood of the Lamb and by the word of their testimony, for they loved not their lives even unto death. ¹²Therefore, rejoice, O heavens and you who dwell in them! But woe to you, O earth and sea, for the devil has come down to you in great wrath, because he knows that his time is short!”

¹³And when the dragon saw that he had been thrown down to the earth, he pursued the woman who had given birth to the male child. ¹⁴But the woman was given the two wings of the great eagle so that she might fly from the serpent into the wilderness, to the place where she is to be nourished for a time, and times, and half a time. ¹⁵The serpent poured water like a river out of his mouth after the woman, to sweep her away with a flood. ¹⁶But the earth came to the help of the woman, and the earth opened its mouth and swallowed the river that the dragon had poured from his mouth. ¹⁷Then the dragon became furious with the woman and went off to make war on the rest of her offspring, on those who keep the commandments of God and hold to the testimony of Jesus. And he stood on the sand of the sea.

Gen 37:9b

Behold, the sun, the moon, and eleven stars were bowing down to me.

Genesis 3:15

I will put enmity between you and the woman,
and between your offspring and her offspring;
he shall bruise your head,
and you shall bruise his heel.”

Matthew 2:13b

behold, an angel of the Lord appeared to Joseph in a dream and said, “Rise, take the child and his mother, and flee to Egypt, and remain there until I tell you, for Herod is about to search for the child, to destroy him.

Romans 8:1

There is therefore now no condemnation for those who are in Christ Jesus.

Revelation 20:10

and the devil who had deceived them was thrown into the lake of fire and sulfur where the beast and the false prophet were, and they will be tormented day and night forever and ever.

“In Revelation 12 through 14, the curtain is drawn back for us so that we can see the unseen reality of a war that took place in heaven, and a war taking place right now in this world and in your life, whether you realize it or not.”

– Nancy Guthrie, Blessed: Experiencing the Promise of the Book of Revelation

I. The Epic Arrival of the King

II. The Complete Victory in Heaven

III. The Ongoing Battle for Earth

A. The enemy

B. The shelter

C. The weapons

“The troubles of the persecuted saints [Christians] occur not because Satan is too powerful for them but because he has been decisively overthrown. The devil does all the damage he can, but he cannot prevail in any ultimate way.”

– G.K. Beale

Additional Resources

Pray Without Ceasing: How To Move From Frustration to Freedom In Our Prayer Life

Matthew 6:5-15

⁵ “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

⁷ “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him. ⁹ Pray then like this:

“Our Father in heaven,
hallowed be your name.

¹⁰ Your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us this day our daily bread,

¹² and forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from evil.

¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you, ¹⁵ but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Matthew 7:7-11

⁷ “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸ For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. ⁹ Or which one of you, if his son asks him for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a serpent? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!



I. The Simplicity Of Prayer

II. Two Warnings About Prayer

III. Directions For Prayer

Additional Resources

Breaking Free From the Tyranny of Overthinking

Psalm 139:1-6

¹ O Lord, you have searched me and known me!

² You know when I sit down and when I rise up;
you discern my thoughts from afar.

³ You search out my path and my lying down
and are acquainted with all my ways.

⁴ Even before a word is on my tongue,
behold, O Lord, you know it altogether.

⁵ You hem me in, behind and before,
and lay your hand upon me.

⁶ Such knowledge is too wonderful for me;
it is high; I cannot attain it.

2 Corinthians 7:10

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death

Matthew 10:28-31

²⁸ And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell. ²⁹ Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. ³⁰ But even the hairs of your head are all numbered. ³¹ Fear not, therefore; you are of more value than many sparrows.

What area of overthinking do you struggle with the most?

In what ways can God provide hope and healing in your struggle?

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.
Luke 6:45

I. Need for certainty

A. Know God _____.

II. Guilt

A. Know _____.

B. Know _____.

III. Fear of Man

A. Fear _____.

B. Find _____ through Christ.

Frequently Asked Questions

Godly Romance in a Smartphone World

1. All of this sounds very boring. Aren't you being a bit uptight about something that is supposed to be fun?
2. What are some signs (or red flags) that I should consider ending a relationship?
3. What do I do if I've already, 'crossed the line' physically/sexually?
4. How do you know if you are called to be single? Is there such a thing?
5. If marriage is more than just fun and games, what sort of things should I be attracted to?
6. What can I do to get people to be interested in me?
7. Aren't we all unprepared? How can someone really know if they are 'ready' to date or get married?
8. Are you saying that we should wait to date someone until we are ready to get married?
9. How do I handle being attracted to someone if I'm not ready to pursue a relationship?
10. Isn't this Christian view of marriage oppressive?

“Wisdom cries aloud in the street, in the markets she raises her voice; at the head of the noisy streets she cries out; at the entrance of the city gates she speaks...” – Proverbs 1:20-21

I. **“Connected”:** It is dangerous to let _____ lead.

1 Thessalonians 4:3-5

³ For this is the will of God, your sanctification: that you abstain from sexual immorality; ⁴ that each one of you know how to control his own body in holiness and honor, ⁵ not in the passion of lust like the Gentiles who do not know God.

Matthew 6: 21-22

²¹ For where your treasure is, there your heart will be also. ²² The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light

II. **“Instant”:** It is foolish to not consider _____ .

Song of Songs 2:7; 3:5; 8:4

I adjure you, O daughters of Jerusalem.... that you not stir up or awaken love until it pleases.

Genesis 2:24; Matt. 19; Mark 10; Eph 5; 1 Cor 7

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

III. **“Expressive”:** It is naïve to not know the point _____ .

Ephesians 5:28-33

²⁸ In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. ²⁹ For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church, ³⁰ because we are members of his body.

³¹ “Therefore a man shall leave his father and mother and hold fast to his wife, and the two shall become one flesh.” ³² This mystery is profound, and I am saying that it refers to Christ and the church. ³³ However, let each one of you love his wife as himself, and let the wife see that she respects her husband.

1 Corinthians 7:32-38

³² I want you to be free from anxieties. The unmarried man is anxious about the things of the Lord, how to please the Lord. ³³ But the married man is anxious about worldly things, how to please his wife, ³⁴ and his interests are divided..... ³⁸ So then he who marries his betrothed does well, and he who refrains from marriage will do even better.

Additional Resources

Lament: Honest Faith When Life Feels Like Hell

Psalm 88

A Song. A Psalm of the Sons of Korah. To the choirmaster: according to Mahalath Leannoth. A Maskil of Heman the Ezrahite.

- ¹ O Lord, God of my salvation,
I cry out day and night before you.
- ² Let my prayer come before you;
incline your ear to my cry!
- ³ For my soul is full of troubles,
and my life draws near to Sheol.
- ⁴ I am counted among those who go down to the pit;
I am a man who has no strength,
⁵ like one set loose among the dead,
like the slain that lie in the grave,
like those whom you remember no more,
for they are cut off from your hand.
- ⁶ You have put me in the depths of the pit,
in the regions dark and deep.
- ⁷ Your wrath lies heavy upon me,
and you overwhelm me with all your waves. *Selah*
- ⁸ You have caused my companions to shun me;
you have made me a horror to them.
I am shut in so that I cannot escape;
- ⁹ my eye grows dim through sorrow.
Every day I call upon you, O Lord;
I spread out my hands to you.
- ¹⁰ Do you work wonders for the dead?
Do the departed rise up to praise you? *Selah*
- ¹¹ Is your steadfast love declared in the grave,
or your faithfulness in Abaddon?
- ¹² Are your wonders known in the darkness,
or your righteousness in the land of forgetfulness?
- ¹³ But I, O Lord, cry to you;
in the morning my prayer comes before you.
- ¹⁴ O Lord, why do you cast my soul away?
Why do you hide your face from me?
- ¹⁵ Afflicted and close to death from my youth up,
I suffer your terrors; I am helpless.
- ¹⁶ Your wrath has swept over me;
your dreadful assaults destroy me.
- ¹⁷ They surround me like a flood all day long;
they close in on me together.
- ¹⁸ You have caused my beloved and my friend to shun me;
my companions have become darkness.

Colossians 3:16

Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

1 Corinthians 12:26

If one member suffers, all suffer together; if one member is honored, all rejoice together.

Romans 12:15

Rejoice with those who rejoice, weep with those who weep.

Resources for Lament:

Scan with your camera app



“Lament is the honest cry of a hurting heart wrestling with the paradox of pain and the promise of God’s goodness.”
– Mark Vroegop

I. Authorized Wrestling

- A. Explained Pain

- B. Expressed Protest

- C. Earnest Petition

- D. Eventual Praise

II. Authentic Worship

- A. Lament honors the Lord

- B. Lament welcomes the hurting

- C. Lament fuels our compassion

Additional Resources

Grace that is Greater than Sin: Addressing Hopelessness in the Midst of Failure

Romans 7:15-8:1

¹⁵ For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree with the law, that it is good.

¹⁷ So now it is no longer I who do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out. ¹⁹ For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do right, evil lies close at hand. ²² For I delight in the law of God, in my inner being, ²³ but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. ²⁴ Wretched man that I am! Who will deliver me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin.

^{8:1} There is therefore now no condemnation for those who are in Christ Jesus.

Luke 8:40-48

⁴⁰ Now when Jesus returned, the crowd welcomed him, for they were all waiting for him. ⁴¹ And there came a man named Jairus, who was a ruler of the synagogue. And falling at Jesus' feet, he implored him to come to his house, ⁴² for he had an only daughter, about twelve years of age, and she was dying.

As Jesus went, the people pressed around him. ⁴³ And there was a woman who had had a discharge of blood for twelve years, and though she had spent all her living on physicians, she could not be healed by anyone. ⁴⁴ She came up behind him and touched the fringe of his garment, and immediately her discharge of blood ceased. ⁴⁵ And Jesus said, "Who was it that touched me?" When all denied it, Peter said, "Master, the crowds surround you and are pressing in on you!" ⁴⁶ But Jesus said, "Someone touched me, for I perceive that power has gone out from me." ⁴⁷ And when the woman saw that she was not hidden, she came trembling, and falling down before him declared in the presence of all the people why she had touched him, and how she had been immediately healed. ⁴⁸ And he said to her, "Daughter, your faith has made you well; go in peace."

Amazing Grace

John Newton | Words & Music: Public Domain

Amazing grace how sweet the sound
That saved a wretch like me
I once was lost, but now I'm found
Was blind but now I see

'Twas grace that taught my heart to fear
And grace my fears relieved
How precious did that grace appear
The hour I first believed

Through many dangers, toils, and snares
I have already come
This grace that brought me safe thus far
And grace will lead me home

When we've been here ten thousand years
Bright, shining as the sun
We've no less days to sing God's praise
Than when we first begun

“You are very weak, but you have a strong and perfect Champion who has won the battle against sin for you, and he now fights it with you. You are still prone to wander, but you have a Great Shepherd who always pursues you and brings you back, carrying you home in His loving arms.” – Barbara Duguid

I. Our Condition (Romans 7:15-8:1)

A. Hopeless with Shame

B. Hopeless without Power

C. Hopeless in Despair

II. God’s Solution (Luke 8:40-48)

A. Grace Cleanses Shame

B. Grace Empowers

C. Grace Produces Hope

Scripture References

Laughably Limited: How Admitting our Weakness Leads to Gospel Strength

Genesis 1:26-31

Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

²⁷ So God created man in his own image, in the image of God he created him; male and female he created them. ²⁸ And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." ²⁹ And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. ³⁰ And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. ³¹ And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Romans 5:12

Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned

Romans 7:19-20

For I do not do the good I want, but the evil I do not want is what I keep on doing. ²⁰ Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.

Ecclesiastes 9:11

Again I saw that under the sun the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to those with knowledge, but time and chance happen to them all.

2 Corinthians 12:7-10

⁷ So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. ⁸ Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. ¹⁰ That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

James 4:6

But he gives more grace. Therefore it says, "God opposes the proud but gives grace to the humble."

Exodus 14:13

And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. ¹⁴ The Lord will fight for you, and you have only to be silent."

2 Chronicles 14:9-12 (especially verse 11)

⁹ Zerah the Ethiopian came out against them with an army of a million men and 300 chariots, and came as far as Mareshah.

¹⁰ And Asa went out to meet him, and they drew up their lines of battle in the Valley of Zephathah at Mareshah. ¹¹ And Asa cried to the LORD his God, "O LORD, there is none like you to help, between the mighty and the weak. Help us, O LORD our God, for we rely on you, and in your name we have come against this multitude. O LORD, you are our God; let not man prevail against you." ¹² So the LORD defeated the Ethiopians before Asa and before Judah, and the Ethiopians fled.

Luke 18:13-14

¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me, a sinner!' ¹⁴ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."

Romans 5:6

For while we were still weak, at the right time Christ died for the ungodly.

Romans 4:4-5

Now to the one who works, his wages are not counted as a gift but as his due. ⁵ And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness,

Ephesians 2:8-9

⁸ For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, ⁹ not a result of works, so that no one may boast.

Romans 11:6

But if it is by grace, it is no longer on the basis of works; otherwise grace would no longer be grace.

1 Peter 5:5-7

Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

Hebrews 4:14-16

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. ¹⁶ Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

*“Despite what the voices inside and outside may insist, finite human beings cannot do everything,
nor should we try.” – pg 29, Low Anthropology by David Zahl*

I. Our Hilarious Human Limits and Weakness

II. The Crushing Pride of Achievement Culture

Achievement culture → anxiety and pressure → overcommitment and overwork → exhaustion and burnout

III. The Glorious Restful Gospel of Grace

Grace → peace and joy → humbly living within God’s limits → rest and work

IV. Encouraging Reminders



Scan this code with your camera app, for more resources on this topic.

Ezekiel 16

The Healing of Shame: The Rescue of God in Ezekiel 16

Act I

³ Thus says the Lord God to Jerusalem: Your origin and your birth are of the land of the Canaanites; your father was an Amorite and your mother a Hittite. ⁴ And as for your birth, on the day you were born your cord was not cut, nor were you washed with water to cleanse you, nor rubbed with salt, nor wrapped in swaddling cloths. ⁵ No eye pitied you, to do any of these things to you out of compassion for you, but you were cast out on the open field, for you were abhorred, on the day that you were born.

⁶ “And when I passed by you and saw you wallowing in your blood, I said to you in your blood, ‘Live!’ I said to you in your blood, ‘Live!’ ⁷ I made you flourish like a plant of the field. And you grew up and became tall and arrived at full adornment. Your breasts were formed, and your hair had grown; yet you were naked and bare.

⁸ “When I passed by you again and saw you, behold, you were at the age for love, and I spread the corner of my garment over you and covered your nakedness; I made my vow to you and entered into a covenant with you, declares the Lord God, and you became mine. ⁹ Then I bathed you with water and washed off your blood from you and anointed you with oil. ¹⁰ I clothed you also with embroidered cloth and shod you with fine leather. I wrapped you in fine linen and covered you with silk. ¹¹ And I adorned you with ornaments and put bracelets on your wrists and a chain on your neck. ¹² And I put a ring on your nose and earrings in your ears and a beautiful crown on your head. ¹³ Thus you were adorned with gold and silver, and your clothing was of fine linen and silk and embroidered cloth. You ate fine flour and honey and oil. You grew exceedingly beautiful and advanced to royalty. ¹⁴ And your renown went forth among the nations because of your beauty, for it was perfect through the splendor that I had bestowed on you, declares the Lord God.

Act II

¹⁵ “But you trusted in your beauty and played the whore because of your renown and lavished your whorings on any passerby; your beauty became his. ¹⁶ You took some of your garments and made for yourself colorful shrines, and on them played the whore. The like has never been, nor ever shall be. ¹⁷ You also took your beautiful jewels of my gold and of my silver, which I had given you, and made for yourself images of men, and with them played the whore.

¹⁸ And you took your embroidered garments to cover them, and set my oil and my incense before them. ¹⁹ Also my bread that I gave you—I fed you with fine flour and oil and honey—you set before them for a pleasing aroma; and so it was, declares the Lord God. ²⁰ And you took your sons and your daughters, whom you had borne to me, and these you sacrificed to them to be devoured. Were your whorings so small a matter ²¹ that you slaughtered my children and delivered them up as an offering by fire to them? ²² And in all your abominations and your whorings you did not remember the days of your youth, when you were naked and bare, wallowing in your blood.

²³ “And after all your wickedness (woe, woe to you! declares the Lord God), ²⁴ you built yourself a vaulted chamber and made yourself a lofty place in every square. ²⁵ At the head of every street you built your lofty place and made your beauty an abomination, offering yourself to any passerby and multiplying your whoring.

³⁰ “How sick is your heart, declares the Lord God, because you did all these things, the deeds of a brazen prostitute, ³¹ building your vaulted chamber at the head of every street, and making your lofty place in every square. Yet you were not like a prostitute, because you scorned payment. ³² Adulterous wife, who receives strangers instead of her husband! ³³ Men give gifts to all prostitutes, but you gave your gifts to all your lovers, bribing them to come to you from every side with your whorings. ³⁴ So you were different from other women in your whorings. No one solicited you to play the whore, and you gave payment, while no payment was given to you; therefore you were different.

³⁵ “Therefore, O prostitute, hear the word of the Lord: ³⁶ Thus says the Lord God, Because your lust was poured out and your nakedness uncovered in your whorings with your lovers, and with all your abominable idols, and because of the blood of your children that you gave to them, ³⁷ therefore, behold, I will gather all your lovers with whom you took pleasure, all those you loved and all those you hated. I will gather them against you from every side and will uncover your nakedness to them, that they may see all your nakedness. ³⁸ And I will judge you as women who commit adultery and shed blood are judged, and bring upon you the blood of wrath and jealousy. ³⁹ And I will give you into their hands, and they shall throw down your vaulted chamber and break down your lofty places. They shall strip you of your clothes and take your beautiful jewels and leave you naked and bare. ⁴⁰ They shall bring up a crowd against you, and they shall stone you and cut you to pieces with their swords. ⁴¹ And they shall burn your houses and execute judgments upon you in the sight of many women. I will make you stop playing the whore, and you shall also give payment no more. ⁴² So will I satisfy my wrath on you, and my jealousy shall depart from you. I will be calm and will no more be angry.

Act III

⁵⁹ “For thus says the Lord God: I will deal with you as you have done, you who have despised the oath in breaking the covenant, ⁶⁰ yet I will remember my covenant with you in the days of your youth, and I will establish for you an everlasting covenant ... ⁶² I will establish my covenant with you, and you shall know that I am the Lord, ⁶³ that you may remember and be confounded, and never open your mouth again because of your shame, when I atone for you for all that you have done, declares the Lord God.”

As the bridegroom rejoices over the bride, so shall your God rejoice over you.
Isaiah 62:5

I. God, the passionate lover (vv. 3–14)

- A. God is calling us into an _____ relationship.
- B. God is calling us into a _____ relationship.
- C. God is calling us into a _____ relationship.

II. God, the wounded lover (vv. 15–42)

- A. Sin is using God's gifts to attract other "_____".
- B. Sin is not only breaking God's rules, its breaking God's _____.

III. God, the faithful lover (vv. 59–63)

On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples. When the wine ran out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what does this have to do with me? My hour has not yet come." – John 2.1-4

Colossians 1:3-13

What is the Gospel?

³ We always thank God, the Father of our Lord Jesus Christ, when we pray for you, ⁴ since we heard of your faith in Christ Jesus and of the love that you have for all the saints, ⁵ because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, **the gospel**, ⁶ which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth, ⁷ just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf ⁸ and has made known to us your love in the Spirit.

⁹ And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God;¹¹ being strengthened with all power, according to his glorious might, for all endurance and patience with joy; ¹² giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. ¹³ **He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,**¹⁴ in whom we have redemption, the forgiveness of sins.

The Truth we must savor:

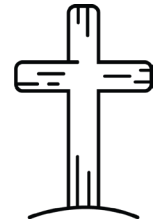
“God saves sinners through the life, death and resurrection of Jesus; and calls them to himself through faith and repentance. By his grace he saved, continues to save, and will one day save his people.”

Colossians 1:13-14

¹³ He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,
¹⁴ in whom we have redemption, the forgiveness of sins.

I. Feel the terror of being lost

- Humanity is spiritually enslaved



II. Know the centrality of Jesus himself

A. Joy in God's Son

B. Fruit for God's Son

C. Union with God's Son



III. Embrace the very ordinary means

Scripture references

How Change Happens: A Practical Model for Overcoming Sin

Luke 6:43–45

“For no good tree bears bad fruit, nor again does a bad tree bear good fruit, ⁴⁴ for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. ⁴⁵ The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Colossians 1:15–22

¹⁵ He is the image of the invisible God, the firstborn of all creation. ¹⁶ For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷ And he is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. ¹⁹ For in him all the fullness of God was pleased to dwell, ²⁰ and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

²¹ And you, who once were alienated and hostile in mind, doing evil deeds, ²² he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him...



HOPE OUT OF heartache

For no good tree bears bad fruit, nor again does a bad tree bear good fruit. – Luke 6:43

I. Our deeper problem revealed (Luke 6:43–45)

II. How lasting change happens (Colossians 1:15–22)

Change takes place as _____

III. The failure of false change

*This is not a self-care that terminates on one's self. Godly personal formation cannot end on itself.
It is going somewhere. It is Godward and others-focused self-discipline.* – Tim Casteel

*If anyone would come after me, let him deny himself and take up his cross and follow me.
For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it.
For what does it profit a man to gain the whole world and forfeit his soul?* – Mark 8:34-36

I. God's plan in self-care

A. His Provision

1. **Mark 6:30–32**

The apostles returned to Jesus and told him all that they had done and taught. ³¹ And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves.

2. **1 Kings 19:4–8**

But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, “It is enough; now, O Lord, take away my life, for I am no better than my fathers.” ⁵ And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, “Arise and eat.” ⁶ And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. ⁷ And the angel of the Lord came again a second time and touched him and said, “Arise and eat, for the journey is too great for you.” ⁸ And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

B. His Design

1. It's primarily _____-care, not _____-care.

a. **2 Corinthians 1:9**

Indeed, we felt that we had received the sentence of death.
But that was to make us rely not on ourselves but on God who raises the dead.

2. True “self-care” is humbly _____ to the real _____ that God has placed on us.

b. **Psalms 127:2**

It is in vain that you rise up early and go late to rest eating bread of anxious toil;
he gives to his beloved sleep.

3. It's to fuel _____ .

II. God's purpose is self-sacrifice

2 Corinthians 4:7–18

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸ We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹ persecuted, but not forsaken; struck down, but not destroyed; ¹⁰ always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.

¹¹ For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. ¹² So death is at work in us, but life in you.

¹³ Since we have the same spirit of faith according to what has been written, "I believed, and so I spoke," we also believe, and so we also speak, ¹⁴ knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. ¹⁵ For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

¹⁶ So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷ For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸ as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

A. The Glory of Self-Sacrifice

B. The Point of Self-Sacrifice

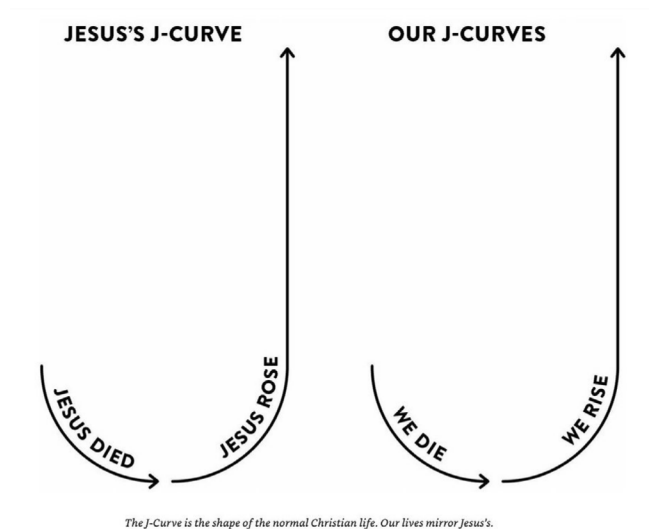
C. The Model of Self-Sacrifice

D. The Power of Self-Sacrifice

1. Remember the Resurrection

2. Redefine Suffering

3. Risk



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