

29 January 2017 - Fourth Sunday after the Epiphany

Readings: Micah 6:1–8; Psalm 15; 1 Corinthians 1:18–31; Matthew 5:1–12. **Theme:** *The Arena of Healing, Part 1* – Matthew 5:3-4.

INTRO: Last Sunday: God’s plan for the church: Multiplication. We can only multiply what we have and are. So today we’re going to begin laying a foundation for healing called “**The Arena of Healing.**” I borrow this from *Careforce Lifekeys*. Jesus began the Sermon on the Mount with **the Beatitudes/Attitudes. Philippians 2:5**, “Have this **attitude/mindset** in yourselves which was also in Christ Jesus.”



I. HUMILITY.

Soldier at the Door of Humility - A Palestinian soldier rests outside of the Entry of Humility, Church of the Nativity, Bethlehem.

Matthew 5:3, “Blessed are **the poor in spirit**, for theirs is the kingdom of heaven.”

Philippians 2:8, “Being found in human form, **he humbled himself** by becoming obedient to the point of death, even death on a cross.”

Matthew 23:12, “Whoever exalts himself will be humbled, and whoever **humbles himself** will be exalted.”

Cf. Prophetic word to the church: *Humble yourself or be humbled.*

Lifekeys: “*I recognise that I have deficiencies within myself that I am incapable of rectifying in my own strength. I need help – both your’s and God’s.*”

The greatest roadblock to humility: DENIAL. It’s not a river in Egypt.

John 8:31-33, “If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free.” They answered him, “**We are Abraham’s descendants and have never been slaves** of anyone. How can you say that we shall be set free?”

Why is this so important? Why does it come first? It is the gateway to heaven. **Matthew 5:3**, “...for theirs is the kingdom of heaven.”



II. EMOTIONAL HONESTY.

Matthew 5:4, “Blessed are **those who mourn**, for they shall be comforted.”

Repentance (changing our minds) is like peeling an onion – It will bring us to tears, especially at the beginning. Why do we mourn?

Matthew 16:25, “Whoever would save his life will lose it, but whoever **loses his life** for my sake will find it.” Cf. Whoever would save His church will lose it, but whoever loses his church for Jesus’ sake will find it. Cf. **John 12:25**, “Whoever loves his life loses it, and whoever **hates his life** in this world will keep it for eternal life.”

John 16:20, “Truly, truly, I say to you, **you will weep and lament**, but the world will rejoice. You will be sorrowful, but your sorrow will turn into joy.”

LIFEKEYS: *“I will no longer deny, ignore or repress my emotional pain. I will weep tears, groan my groans, cry my cries, and grieve my grief. My emotions are indicators of my heart’s condition and I will admit to them freely.”*

Eg. Luther admitted guilt, anger, grief, to name a few emotions.

James 5:14, “Therefore, **confess** your sins to **one another** and pray for one another, that you may be healed.”



CONCLUSION: STRUGGLE TO SHAKE OFF TOUCH OF EVIL.

Origins of Lifekeys was Careforce discovering they had many sexual abuse victims... In the words of Doyle, “This is at home; this is our home.” We need to admit it, and humble ourselves in learning to deal with it. So God has given us The Arena Healing. May we learn to avail ourselves of it, in Jesus’ name. Amen. - Pastor Aldi ☺