

I'm Not Okay

The Chosen: Part 2

March 3, 2024

Pastor Brian

*“Soon afterward Jesus began a tour of the nearby towns and villages, preaching and announcing the Good News about the Kingdom of God. He took his twelve disciples with him, along with some women who had been cured of evil spirits and diseases. Among them were **Mary Magdalene, from whom he had cast out seven demons;**” (Luke 8:1–2, NLT)*

*“Jesus went all over Galilee, **teaching** in the synagogues, **preaching** the Good News about the Kingdom, and **healing** people who had all kinds of disease and sickness.” (Matthew 4:23, GNB)*

**Jesus came to bring HOPE AND HEALING
to the broken and hurting.**

¹⁴ Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region. ¹⁵ He taught regularly in their synagogues and was praised by everyone.

¹⁶ When he came to the village of Nazareth, his boyhood home, he went as usual to the synagogue on the Sabbath and stood up to read the Scriptures. ¹⁷ The scroll of Isaiah the prophet was handed to him. He unrolled the scroll and found the place where this was written:

*¹⁸ “The Spirit of the LORD is upon me,
for he has anointed me to bring Good News to the **poor**.
He has sent me to proclaim that **captives** will be released,
that the **blind** will see,
that the **oppressed** will be set free,
¹⁹ and that the time of the LORD's favor has come.”*

²⁰ He rolled up the scroll, handed it back to the attendant, and sat down. All eyes in the synagogue looked at him intently. ²¹ Then he began to speak to them. “The Scripture you've just heard has been fulfilled this very day!” (Luke 4:14–21, NLT)

Four People Jesus Touched

- Poor **HELPLESS**
- Captives **HOSTAGE**
- Blind **HOPELESS**
- Oppressed **HURTING**

*“**Come** to me, all you who are weary and burdened, and I will give you rest. Take my **YOKE** upon you and **learn** from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matthew 11:28–30, NIV)*

The Power of a Yoke

- 1) **LIGHTENS** my load.

“Turn all your anxiety over to God because he cares for you.” (1 Peter 5:7, GW)

- 2) **CORRECTS** my course.

“When the Spirit of truth comes, he will guide you into all truth.” (John 16:13a, NLT)

- 3) **PRODUCES** more power.

“You will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.” (Acts 1:8, NLT)

- 4) **LENGTHENS** my longevity.

“Those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” (Isaiah 40:31, NLT)

- 5) **ACTIVATES** my actions.

“I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.” (John 15:5, NLT)

How to Find Hope and Healing

1. Come to Jesus’ **PEACE**.

*“**COME TO ME**, all you who are **weary** and **burdened**, and I will give you **rest**.” (Matthew 11:28, NIV)*

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” (John 14:27, NIV)

2. Connect to Jesus’ **PRESENCE**.

*“**TAKE MY YOKE UPON YOU...**” (Matthew 11:29, NIV)*

“If you love me, obey me; and I will ask the Father and he will give you another Comforter, and he will never leave you.” (John 14:16, The Living Bible, Paraphrased)

3. Conform to Jesus' PRINCIPLES.

"...LEARN FROM ME..." (Matthew 11:29, NIV)

"I will show you what it's like when someone comes to me, listens to my teaching, and then follows it. It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built." (Luke 6:47–48, NLT)

"...for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:29–30, NIV)

ACTION STEPS

Get baptized at Easter!

March 31, 2024

8 | 10 | 12