

## Fathered by God Part 12: Hiking the Trail (12-1-19)

**Review:** "Conversations with Our Father" - Last 3 Weeks: In the Valley and On the Mountain Top

**Today:** Hiking the Trail

### **Psalms 18:28-29, 33-36 (ESV)**

(28) For it is you who light my lamp; the LORD my God lightens my darkness. (29) For by you I can run against a troop, and by my God I can leap over a wall. . . (33) He made my feet like the feet of a deer and set me secure on the heights. (34) He trains my hands for war, so that my arms can bend a bow of bronze. (35) You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great. (36) You gave a wide place for my steps under me, and my feet did not slip.

**Notes:** He provides everything I need to endure the trails (and trials) of this life!

- Light in the dark
- I can run even in the face of a great enemy
- I can leap over obstacles
- He gives me prowess to walk secure in hard places
- Trains me for the fight
- God gives both protection and support
- His gentleness made me great!
- He makes a path for me, so I can walk secure

### **Charles Haddon Spurgeon**

"By perseverance the snail reached the ark."

**Today: 3 ways God will help us navigate the trails of this life . . .**

**1) Weary** (Rest, Recharge, & Run)

**2) Injured** (Repair, Rehab, & Run)

**3) Defeated** (Re-Learn, no Regret, & Run) - **Get up** (try again/learn), **Dust off** (no regret), & **Run!**

**1) Weary** (Rest, Recharge, & Run)

### **Galatians 6:9**

And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.

**Note:** It is possible, even likely to grow weary, and yet we can stay the course and not lose heart.

**Marathon running:** This is like hitting the wall while running a long race – you take the hit, but keep running!

Everyone get's tired and worn down. No one on a big hike can avoid it . . .

### **Isaiah 40:30-31**

Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

**Note:** At any age or place in our walk, we can become weary & yet there is a solution! Wait on God & be renewed!

\*You may be familiar with the verses we just read but do you know as well the 2 that precede them?

### **Isaiah 40:28-29**

Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength.

**Note:** My strength is increased by His strength – not only does he bring the rest that is needed, but he gives new strength to run again – so much so that I can even soar (vs. 31 - mounting up with eagles wings)

When weary, we should rest (properly) by finding refreshment in our God, then we get back up and move again!

This is pictured by David so well in Psalm 23 where we have spent time the last couple of weeks . . .

### **Psalms 23:1-3**

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths of righteousness For His name's sake.

**Note: When we are weary here is what we do . . .**

- **Rest** - Lie Down & Be Still
- **Recharge** - He restores my soul
- **Run** - Leading on the path of righteousness

## **2) Injured (Repair, Rehab, & Run)**

**Overview of Matthew 12:1-22:** Jesus in this chapter shows his level of concern for those in need of healing . . .

- **Feeds hungry Disciples on the Sabbath**

- Heals withered hand on the Sabbath
- Heals a demon-possessed man who is both blind & mute

In all 3 cases he angers the “religious” leaders of the day – who’s priorities & labels are upside down

**One of our biggest problems in the midst of running our race is that we misdiagnose our symptoms!**

- **Weary** - Some of us are weary - in need of a good rest & recharge, then we need to get off our butts & run again.
- **Injured** - But often there is a deeper underlying issue – there is actual sickness or an injury, but we are trying to tell people to tough it out, like there is something wrong with their faith!

**\*Unlike weariness, You can’t just rest an injury, often it needs more attention than that. 2 key steps for recovery from an injury . . .**

**1) Repair** - You can’t run a broken bone back into shape. It needs to be healed, before we can run again!

**\*Jesus is concerned for those who are ill, and wants them to be made well.**

In the midst of this passage (in verse 17) Mathew points out how Jesus is fulfilling what the prophet Isaiah wrote. He quotes a couple of verses from Isaiah 42, let’s look at it in full . . .

#### **Isaiah 42:1-7**

(1) "Behold! My Servant whom I uphold, My Elect One in whom My soul delights! I have put My Spirit upon Him; He will bring forth justice to the Gentiles. (2) He will not cry out, nor raise His voice, Nor cause His voice to be heard in the street. (3) A bruised reed He will not break, And smoking flax He will not quench; He will bring forth justice for truth. (4) He will not fail nor be discouraged, Till He has established justice in the earth; And the coastlands shall wait for His law." (5) Thus says God the LORD, Who created the heavens and stretched them out, Who spread forth the earth and that which comes from it, Who gives breath to the people on it, And spirit to those who walk on it: (6) "I, the LORD, have called You in righteousness, And will hold Your hand; I will keep You and give You as a covenant to the people, As a light to the Gentiles, (7) To open blind eyes, To bring out prisoners from the prison, Those who sit in darkness from the prison house. \*

**Note: He has come to heal us in 3 specific ways that we see here in verse 7 . . .**

- **Physical Sickness** (blind eyes)
- **Bondage to Sin** (bring out prisoners)
- **Oppressed/Depressed** (those who sit in darkness)

#### **Psalm 34:17-19 (ESV)**

(17) When the righteous cry for help, the LORD hears and delivers them out of all their troubles. (18) The LORD is near to the brokenhearted and saves the crushed in spirit. (19) Many are the afflictions of the

righteous, but the LORD delivers him out of them all.

**Note:** Jesus delivers us out of all our afflictions!

**Step 2 after Repair is essential:** When Jesus heals people, he often gives them an immediate action step . . .

**Example: When the faithful friends lower their paralytic friend down to Jesus (Luke 5:18-25):**

- Friends fight thru obstacles even when there is no obvious way – in order to get injured friend to Jesus
- Jesus heals the man – the Whole man – forgiving sins & healing his paralysis
- Jesus instructs him to get to work – lift the mat, walk , & the man does it – glorifying Jesus

**2) Rehab** – When we are restored & healed, then We are meant to rehab and get moving again!

\*Otherwise we don't find new strength, and new weakness comes - not from injury, but from lack of use (we quit).

### **Hebrews 12:11-13 (ESV)**

(11) For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. (12) Therefore lift your drooping hands and strengthen your weak knees, (13) and make straight paths for your feet, so that what is lame may not be put out of joint but rather be healed.

**Note:** Hands, knees, easy paths, dislocations healed – This is a picture of physical therapy!

\*Story of my rehab from knee surgery

**When Injured:** We need Repair, then to Rehab, and finally to get back on the trail and Run

**3) Defeated** (we need to Re-Learn, not Regret, and then Run) - **Get up** (try again/learn), **Dust off** (no regret), & **Run!**

There is a reason we will often feel defeated in this life . . .

### **Luke 9:23-25 (ESV)**

(23) And (Jesus) said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me. (24) For whoever would save his life will lose it, but whoever loses his life for my sake will save it. (25) For what does it profit a man if he gains the whole world and loses or forfeits himself?"

**Note:** Of course I am experiencing the suffering of loss – I'm in the process of losing everyday!

**Listen:** I'm not supposed to live defeated, but there is 1 great loss that is necessary!

\*I'm dying to myself daily, and that's going to hurt. But you see in Jesus kingdom though I appear to be losing, that's actually how I'm winning!

I love this perspective from Kenneth Osbeck (He wrote several books including stories behind some famous hymns)

### **Kenneth W. Osbeck**

"God's call to each believer is to be obedient and faithful—not to seek a life of earthly success. Difficulties and defeats are a normal part of every Christian's life. Our response to negative situations can either shatter us or they can intensify our perseverance and confidence in a sovereign God. It has been said that a mark of a champion athlete is not how he/she responds to a victory, but how a difficult loss on a previous day has been met."

**Note:** I think sometimes when we stumble & fall & have a defeat in life, we think it's a sign that we are losing. But really there's much more going on – if we were really losing, we wouldn't be all that concerned about it – the loss hurts, cuz its leading to a greater win!

In sports, the culture that surrounds a "losing team" is one of resigned acceptance. That's the only dangerous mindset!

\*Hurting after a loss is a good, natural, and even necessary response. Quitting is the only real defeat!

**Historical Successes** who persevered through failure, discouragement, & defeat:

- **Henry Ford** went broke five times before he succeeded in business
- The great dancer and movie star **Fred Astaire** took a screen test at MGM studios in 1933. A studio memo reported he was slightly bald, could not act, and could dance a little.
- The family of **Louisa May Alcott**, the great author who wrote the enormously popular Little Women, thought she should abandon the idea of being a writer and become a seamstress instead.
- A newspaper fired **Walt Disney** for lack of ideas, and he went bankrupt several times before building Disneyland.

**So, how do I respond to apparent defeat?** Getup, Dust-Off, Keep Going!

### **Philippians 3:12-14 (ESV)**

(12) Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. (13) Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, (14) I press on

toward the goal for the prize of the upward call of God in Christ Jesus.

**Note: Getup, Dust-Off, Keep Going!**

**Conclusion: Keep Hiking the Trail, and as needed . . .**

**1) Weary** (Rest, Recharge, & Run)

**2) Injured** (Repair, Rehab, & Run)

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