

“Breakdown or Breakout”

Pastor Al Brice | Sunday, March 24, 2019

When we say the word “breakdown”, we think of a mental collapse. The mental and physical inability to function effectively and efficiently; not able to handle stress, which can lead to anxiety and eventually depression; normal life seems to become unmanageable, feeling numb, loneliness and isolation sets in, and maybe, you begin to have panic attacks. Sometimes, people experiencing these types of feelings revert to old lifestyle behaviors of drugs and alcohol. Others may just check out and disappear, or in some very sad instances, commit suicide. Every one of us have already faced, are facing right now, or will face mental and emotional pressures. How we handle these times of pressure will determine whether we breakdown, breakout, or breakthrough.

1. We are going to face tough times, tough circumstances, persecutions, rejection, abandonment, and tough disappointments.

a. Jesus said:

John 16:31-33 AMP: ³¹ Jesus answered them, “Do you now [at last] believe? ³² Take careful notice: an hour is coming, and has arrived, when you will all be scattered, each to his own *home*, leaving Me alone; and yet I am not alone, because the Father is with Me. ³³ I have told you these things, so that in Me you may have [perfect] peace. In the world you have tribulation *and* distress *and* suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world.” [My conquest is accomplished, My victory abiding.]

b. When trouble arises, one of the first emotions that you’ll deal with is loneliness.

Psychologists will tell you that loneliness is a “state of mind”. It’s not necessarily that you are alone, but you feel alone and isolated. A soldier, even though surrounded by other troop members, might feel lonely after being deployed in a foreign country. A divorce, the death of someone, moving to a new city, school, church, or job can cause one to feel lonely. How people see themselves on the inside, lack of confidence, feeling unworthy, feeling abandoned and forsaken, the shame of past or present mistakes, persecution from peers, feeling rejected and not accepted, bullying, not being liked on social media, or being made fun of can lead to loneliness, isolation, and depression. According to one report (verywellmind.com), since 1985 the number of people in the U.S. with no close friends has tripled. The rise of the internet, social media, and the insensitivity of the culture are partially to blame.

c. God never created us to be alone.

Genesis 2:18 AMP: ¹⁸ Now the LORD God said, “It is not good (beneficial) for the man to be alone; I will make him a helper [one who balances him—a counterpart who is] suitable *and* complementary for him.”

Genesis 2:23-24 NKJV: ²³ And Adam said:

“This *is* now bone of my bones
And flesh of my flesh;
She shall be called Woman,
Because she was taken out of Man.”

²⁴ Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh.

2. Jesus' identity was established in the love of God.
 - a. Jesus lived in one statement made by His Father.

Matthew 3:16-17 NKJV: ¹⁶ When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. ¹⁷ And suddenly a voice *came* from heaven, saying, “This is My beloved Son, in whom I am well pleased.”

Matthew 17:5 NKJV: While he was still speaking, behold, a bright cloud overshadowed them; and suddenly a voice came out of the cloud, saying, “This is My beloved Son, in whom I am well pleased. Hear Him!”

* **How about us, right now?**

Ephesians 1:3-6 NKJV: ³ Blessed *be* the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly *places* in Christ, ⁴ just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, ⁵ having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, ⁶ to the praise of the glory of His grace, by which He made us accepted in the Beloved.

Ephesians 3:17-19 NKJV: ¹⁷ that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, ¹⁸ may be able to comprehend with all the saints what *is* the width and length and depth and height— ¹⁹ to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

b. Jesus' identity was established by God's Word, not by His family (**John 7:5 NKJV**), not by religion (**Mark 8:15 NKJV**), not through the culture (**Matthew 16:13 NKJV**), not by past allegations (Mary, His mother was pregnant by the Holy Spirit, but people only saw her pregnant, but not yet married), not by His vocation (carpenter's son: **Matthew 13:55**, 'Is this not the carpenter's son?').

Proverbs 4:20-23 NKJV: ²⁰ My son, give attention to my words; Incline your ear to my sayings. ²¹ Do not let them depart from your eyes. Keep them in the midst of your heart; ²² For they *are* life to those who find them, And health to all their flesh. ²³ Keep your heart with all diligence, for out of it *spring* the issues of life.

Because of His custom and habit of going to church and learning God's Word, He could handle the devil's temptations, the attacks, persecution, rejection, ... and when He was abandoned by His closest friends - He didn't Breakdown,... **He Broke Out!!!!** He knew He was anointed to **destroy** the Kingdom of Darkness and **set people free!!**

Luke 4:16-22 NKJV: ¹⁶ So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read. ¹⁷ And He was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written:

¹⁸“The Spirit of the LORD *is* upon Me,
Because He has anointed Me
To preach the gospel to *the* poor;
He has sent Me to heal the brokenhearted,
To proclaim liberty to *the* captives
And recovery of sight to *the* blind,
To set at liberty those who are oppressed;
¹⁹ To proclaim the acceptable year of the LORD.”

²⁰ Then He closed the book and gave *it* back to the attendant and sat down. And the eyes of all who were in the synagogue were fixed on Him. ²¹ And He began to say to them, “Today this Scripture is fulfilled in your hearing.” ²² So all bore witness to Him and marveled at the gracious words which proceeded out of His mouth. And they said, “Is this not Joseph's son?”

c. How about us and our identity?

1 Corinthians 1:26-31 NKJV: ²⁶ For you see your calling, brethren, that not many wise according to the flesh, not many mighty, not many noble, *are called.* ²⁷ But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty; ²⁸ and the base things of the world and the things which are despised God has chosen, and the things which are not, to bring to nothing the things that are, ²⁹ that no flesh should glory in His presence. ³⁰ But of Him you are in Christ Jesus, who became for us wisdom from God—and righteousness and sanctification and redemption— ³¹ that, as it is written, “He who glories, let him glory in the LORD.”

Hebrews 13:5b-6 Amplified Bible: ...for He has said, “I WILL NEVER [under any circumstances] DESERT YOU [nor give you up nor leave you without support, nor will I in any degree leave you helpless], NOR WILL I FORSAKE *or* LET YOU DOWN *or* RELAX MY HOLD ON YOU [assuredly not]!” ⁶ So we take comfort *and* are encouraged *and* confidently say,

“THE LORD IS MY HELPER [in time of need], I WILL NOT BE AFRAID.
WHAT WILL MAN DO TO ME?”