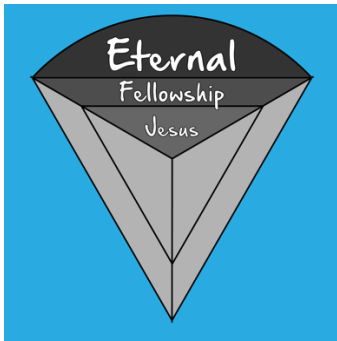


Overcoming Aftershocks Rebuilding Your Relationships Acts 15:36-40

Up to this point we have focused on our TWO major areas for Overcoming Aftershocks...

→ **Pic 1**

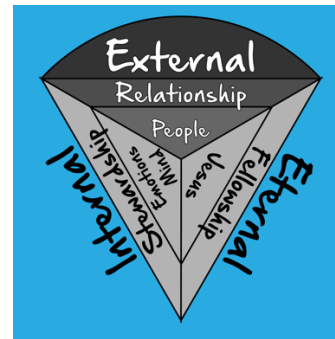


→ **Pic 2**



Now it is time to go to the final place in Overcoming Aftershocks...

→ **Pic 3**



This final area is one of the MOST neglected areas in Overcoming Aftershocks...

We are pretty good at wanting to reestablish our FELLOWSHIP with JESUS...

- The Holy Spirit sees to it that we do this...

We do OK at wanting to work on our INTERNAL healing of MIND & EMOTION...

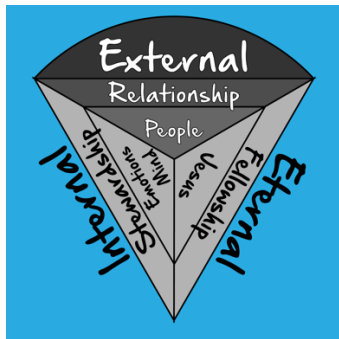
- Again, the Holy Spirit continues working here until we either reach that INTERNAL PEACE or we block Him from completing His work...
- If we block the Spirit we end up living far below the freedom and victory Jesus bought for us...

This third area I find to be often neglected...

- Usually because we JUSTIFY our treatment of others...
- We might even say something like, "Hey, I'm sorry for the way I acted, but you know the problems I was going through..."

This is not CONFESSON, but JUSTIFICATION!

→ **Pic 3**



Sadly, this final area of EXTERNAL RELATIONSHIPS, is usually against those closest to us...

- **A parent goes through a traumatic experience and then neglects their children...**
- **A spouse goes through a traumatic experience and then distances from their spouse...**
- **A person goes through an Aftershock and then takes out their pain on their best friends...**

- **The hurting person tanks and doesn't realize the destruction they are causing on those closest to them...**

- **During Aftershocks we become emotionally and mentally self-centered...**
- **We cannot really think about others (that's normal!!)**

- **However, when we begin trying to gain victory over those Aftershocks so that they will no longer tank us, we usually don't take into account the pain we have inflicted on others...**

ONE THING

Never UNDERESTIMATE the POWER of rebuilding DAMAGED relationships from the TRAUMA of Aftershocks!

→ HURT people, HURT people! ←

Today we are going to see how to complete the triangle by dealing with the EXTERNAL DAMAGE we caused on others...

To do this we are going to look at a very important NT leader who damaged another believer through an Aftershock experience...

We are going to take this experience and attempt to develop a progression for Healing the damage we have inflicted on others...

→ DEVELOP THE STORY...

The Apostle Paul along with Barnabas were set aside by the Holy Spirit to strike out on a Missionary Journey...

Acts 13:2 (ESV) — While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

As they were getting ready to go they selected a young man named John Mark to come with them as their assistant...

They sailed to Cyprus...

Acts 13:5 (ESV) — When they arrived at Salamis, they proclaimed the word of God in the synagogues of the Jews. And they had John to assist them.

Being their assistant was an extremely important job...

John Mark probably instructed the new converts and baptized many of them...

Salamis was a large, important city in the region of Cyprus...

It says that they proclaimed the word of God in the SYNAGOGUES ... so there were more than one...

The missionary life was difficult... but the intensity increased greatly as they continued their missionary travels on to Paphos which was the seat of Roman government in that region...

While there they ran into strong demonic resistance from a Jewish false prophet calling himself Bar-Jesus (Son of Jesus)...

The spiritual battles continued to heighten until Paul turned to the false prophet and, calling him the child of the devil, Paul released blindness on him...

When the proconsul, Sergius Paulus, saw the power of God on Paul he heard the gospel and gave his life to Jesus!

This Gentile ruler had come to Christ!

We don't know how much longer they stayed in the region, but it is certain that the missionaries came under heavy attack both spiritually and physically...

They departed from there and continued west to Perga...

While there, John Mark left them...

Acts 13:13 (ESV) — Now Paul and his companions set sail from Paphos and came to Perga in Pamphylia. And John left them and returned to Jerusalem

This was a devastating blow to their missionary efforts!

Paul and Barnabas continued on...

- **They finished their journey and returned back to Antioch where they began...**

Later Paul and Barnabas decided they needed to go back through the areas they had been to see how they were doing...

Acts 15:36–40 (ESV) — And after some days Paul said to Barnabas, “Let us return and visit the brothers in every city where we proclaimed the word of the Lord, and see how they are.” Now Barnabas wanted to take with them John called Mark. But Paul thought best not to take with them one who had withdrawn from them in Pamphylia and had not gone with them to the work. And there arose a sharp disagreement, so that they separated from each other. Barnabas took Mark with him and sailed away to Cyprus, but Paul chose Silas and departed, having been commended by the brothers to the grace of the Lord.

John Mark was the cousin of Barnabas

Colossians 4:10 (ESV) — Aristarchus my fellow prisoner greets you, and Mark the cousin of Barnabas (concerning whom you have received instructions—if he comes to you, welcome him),

Apparently, John Mark had come back to Antioch and talked with Barnabas...

→ “strong disagreement” means – A severe argument based on intense difference of opinion...

It appears as though the believers in Antioch agreed with Paul’s determined decision to not bring Mark along...

Here’s the point for us to see in this today...

The painful departure of Mark hit Paul deeply...

The desire of Barnabas to bring Mark along on this second journey was an AFTERSHOCK for Paul

Suddenly all that pain and hurt resurfaced

As a result, Paul and Barnabas separated

Many years passed and Paul knows his ministry is coming to a close...

His last letter he wrote was to Timothy, his most trusted disciple...

2 Timothy 4:7 (ESV) — I have fought the good fight, I have finished the race, I have kept the faith.

He has been raising up the next generation of leaders to carry forward the mission work...

Listen to what Paul says to Timothy next...

2 Timothy 4:9–11 (ESV) — Do your best to come to me soon. For Demas, in love with this present world, has deserted me and gone to Thessalonica. Crescens has gone

to Galatia, Titus to Dalmatia. Luke alone is with me. Get Mark and bring him with you, for he is very useful to me for ministry.

Did you hear that last sentence!?!

2 Timothy 4:11b (ESV) — ... Get Mark and bring him with you, for he is very useful to me for ministry.

How did Paul go from rejecting Mark to calling for him to come to his side?

I want to share with you FOUR STEPS I believe Paul took to gain victory over the pain and trauma of Mark’s desertion...

I believe we must take these same steps if we want to walk in complete victory Overcoming Aftershocks...

1. HONESTY – Take ASSESSMENT of the damage following an aftershock

Years passed and we find Paul, now older...

As he stands before his accusers Paul makes the following statement...

Acts 24:16 (ESV) — So I always take pains to have a clear conscience toward both God and man.

What is a “clear conscience”?

And for that matter, what is the CONSCIENCE?

→ Conscience

Συνείδησις - *the psychological faculty which can distinguish between right and wrong—‘moral sensitivity, conscience.’*

→ **Pic – Body-Soul-Spirit – Spirit**



Communion - *the inner longing to worship and please God.*

Intuition - *the sensing ability to understand something immediately, independent of any outside influence*

Conscience - *an inner discerning or voice acting as a guide to the rightness or wrongness of one's behavior*

→ **Clear**

ἀπρόσκοπος - *pertaining to being blameless in view of not having given offense—‘blameless, without blame.’*

For example, the expression in Ac 24:16 may be rendered as ‘I do my best to live in such a way that neither God nor people can blame me’ or ‘... can complain against me.’

Dave’s rough translation...

Acts 24:16 – *So I always do my best to live in such a way that neither God nor people can blame me.*

So, how do we do this?

Honesty is agreeing with God about what He says

John 16:13a (ESV) — *When the Spirit of truth comes, he will guide you into all the truth ...*

Romans 9:1 (ESV) — *I am speaking the truth in Christ—I am not lying; my conscience bears me witness in the Holy Spirit*

Honesty asks, “Is my conscience clear before God and other?”

1. HONESTY – Take **ASSESSMENT** of the damage following an **aftershock**

2. HUMILITY – Take **RESPONSIBILITY** for the damage you’ve caused

Go to the person/people admitting your wrong and seeking forgiveness

→ STORY – Me confessing my wrong to Brian and asking for him to forgive me

- **Brian was about 9 years old...**
- **I had asked him to do something for me which he forgot to do...**
- **Out of frustration I said, “Thank a lot Brian...”**
- **Later Kathy came to me and said that I had really hurt Brian by the way I spoke to him...**
- **At first I tried to justify my actions...**
- **When I got HONEST before God about it He made it clear that Kathy was right**
- **I went to Brian and asked him if I could talk with him for a minute...**
- **I told him what I had done and how I had spoken to him and that it was wrong.**
- **I told him that I had asked the Lord to forgive me...**
- **Then I said, “Brian, will you forgive me for speaking like that to you?”**
- **At first he didn’t know what to say or do...**
- **He was really uncomfortable seeing his Dad humble himself like this before him...**
- **He then said “Yea...” but I pushed it ...**
- **I said, “No Brian, what I did to you was wrong and I should have never spoken like that to you. Sometimes even dads say things they shouldn’t. Will you forgive me for talking like that to you.”**
- **He then said, “Yes Dad, I forgive you”**
- **We hugged and I told him I was sorry...**

At first this was awkward, but it soon became powerful...

Never underestimate the power of rebuilding damaged relationships from the trauma of Aftershocks

1. HONESTY – Take ASSESSMENT of the damage following an aftershock

2. HUMILITY – Take RESPONSIBILITY of the damage you’ve caused

3. HONOR – Take AIM to look for ways to honor others

Honoring someone means giving recognition and showing respect to them in front of others

By this time in Paul’s ministry he and Mark have begun the process of rebuilding their relationship...

Colossians 4:10 (ESV) — Aristarchus my fellow prisoner greets you, and Mark the cousin of Barnabas (concerning whom you have received instructions—if he comes to you, welcome him),

They were together here!

As Paul is dictating this letter Mark was there hearing what Paul was saying to the church...

Romans 12:10 (ESV) — Love one another with brotherly affection. Outdo one another in showing honor.

1. HONESTY – Take ASSESSMENT of the damage following an aftershock

2. HUMILITY – Take RESPONSIBILITY of the damage you've caused

3. HONOR – Take AIM to look for ways to honor others

4. HEALING – Take TIME to allow the Lord to heal all wounds

2 Timothy 4:9–11 (ESV) — Do your best to come to me soon. For Demas, in love with this present world, has deserted me and gone to Thessalonica. Crescens has gone to Galatia, Titus to Dalmatia. Luke alone is with me. Get Mark and bring him with you, for he is very useful to me for ministry.

Did Mark heal?

Yes he did!

In fact John Mark is the writer of the Gospel of Mark!

**Overcoming Aftershocks
Rebuilding Your Relationships
Acts 15:36-40**

Never _____ the _____ of rebuilding
_____ relationships from the _____ of Aftershocks!

→ _____ people, _____ people! ←

1. _____ – Take _____ of the damage
following an aftershock

2. _____ – Take _____ for the
damage you've caused

3. _____ – Take _____ to look for ways to
honor others

4. _____ – Take _____ to allow the Lord to
heal all wounds