



Our Heavy God

September 13, 2026

*12 Thus says the Lord,
"Though they are at full strength and many,
they will be cut down and pass away.
Though I have afflicted you,
I will afflict you no more.
13 And now I will break his yoke from off you
and will burst your bonds apart."*

Nahum 1:12-13 (read 1:12-15)

Judah lives their lives under the oppression of the Assyrian king and his mighty military machine. This passage begins with an observation that "they are at full strength and many" - they are formidable opponents against whom small Judah stands no chance.

Until the Lord speaks. The voice that created everything rings out and brings about unimaginable change - the crumbling of Nineveh and the toppling of Assyria. In this passage, God speaks to both Assyria and Judah and tells them that they have misunderstood reality. Assyria seems strong and healthy and heavy - militarily, politically, and economically. But, in reality, they are lightweight (a possible translation of "vile" in 1:14), and our truly heavy God will cut them down and cut them off.

In the same way, we often place undue value and weight on the things that seem strong, heavy, and significant in this life. And it often takes the voice of God ringing forth to correct our perception - to bring about newness and show us that only He carries any real weight and value in this world.

What ideas, voices, activities, or goals do you value too much? What do you see as hefty and valuable that God is trying to show you is lightweight and worthless? Where do you need His voice to echo through your life and bring about newness?

Small Group Guide

September 13, 2026

What did you hear in this morning's message that stood out to you? What was interesting, important, or confusing?

What does God mean when he says that the Assyrian king is "lightweight (or vile)" in verse 14?

Do you see anything in this passage that points toward Jesus and the Gospel?

What is something that our society assigns too much value and "weight" to?

When has God shown you that you were assigning too much value to something? When did He show you that something you cared/worried a lot about was actually "worthless"?

What are some ways that you "feast" regularly to remind yourself of the ways that God has been faithful in the past? How does that expect you expectations of the future?

Reflections

What an incredible joy to worship a God who breaks into the hopelessness of this life and rains forth new life, new hope, and new opportunity.

What an incredible joy to know that my concept of reality in any given moment, wrapped in the chaos of my fickle emotions, my limited perspective, and my sinfulness, is not authoritative or even necessarily correct.

What an incredible relief to know that our God is heavier than all the hefty hurt and turmoil of this world .

What an incredible grace that He takes the time to speak, send forth His Word, and correct our broken sense of reality.
Hallelujah.