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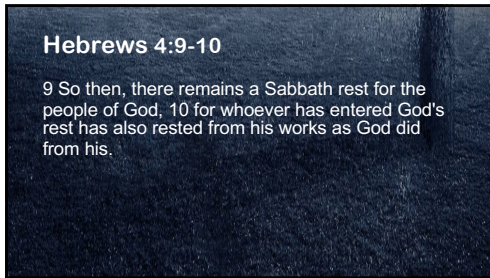
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**Many Weaknesses = Helplessness**

1. Physical creatures with low tolerances
2. Emotional creatures subject to passions
3. Walk by Faith means we are subject to shocks
4. Hostile world means rejection guaranteed
5. Sin infested world means constant vigilance
6. Agape love means we will grieve over others

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**Hebrews 2:10,17-18**

10 For it was fitting that he, for whom and by whom all things exist, in bringing many sons to glory, should make the founder of their salvation perfect through suffering...17 Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people. 18 For because he himself has suffered when tempted, he is able to help those who are being tempted.

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**Jesus Loves the Hopeless Cases**

Jesus loves the hopeless cases. He is attracted to those who are beaten battered and bruised. The Lord binds up the

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7

**Rest in our Helplessness**

1. Gentle touch to restore a hurting heart
2. Aware of the physical, focused on the spiritual
3. Humility yourself to attract God's power

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8

**Rest in our Helplessness**

1. Gentle touch to restore a hurting heart
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**1 Kings 19:1-8**

1 Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword.  
2 Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow."  
3 Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

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10

**1 Kings 19:1-8**

4 But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers." 5 And he lay down and slept under a broom tree. And behold, an angel touched him and said to him, "Arise and eat."

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**1 Kings 19:1-8**

6 And he looked, and behold, there was at his head a cake baked on hot stones and a jar of water. And he ate and drank and lay down again. 7 And the angel of the Lord came again a second time and touched him and said, "Arise and eat, for the journey is too great for you

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**1 Kings 19:1-8**

8 And he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mount of God.

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**Gentleness - right application of strength**

Gentleness is not the absence of strength, but the application of strength to a tender situation. The Lord knows how to apply strength to vulnerability. He can apply his unimaginable strength with affection and sensitivity.

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**Psalm 103:13-14**

13 As a father shows compassion to his children, so the LORD shows compassion to those who fear him. 14 For he knows our frame; he remembers that we are dust.

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**Psalm 53:3 KJV**

He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

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**Isaiah 42:3**

a bruised reed he will not break, and a faintly burning wick he will not quench; he will faithfully bring forth justice.

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17

**Bruised**

Crush or broken, pierced

When used for a human injury it means a deep contusion that has destroyed a vital organ. On the outside it may look so bad but on the inside it is a death blow.

When used of plants, it means a stalk broken at an angle such that it's still standing but cant produce grain.

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**Addictive Behaviors and Hurting Hearts**

Many addictive behaviors are covering an internal wound that is crying out for comfort. The alcohol, the drugs, the food, and other reckless living is an attempt to find some relief for the pain.

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**Rest in our Helplessness**

1. Gentle touch to restore a hurting heart
2. Aware of the physical, focused on the spiritual
3. Humility and vulnerability attract God's power

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**Helplessness is the doorway to heaven**

"Christ is a stumbling block . . . Because [He] takes the disease that we hate most, namely, helplessness, and instead of curing it, makes it the doorway to heaven."

**John Piper**

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**Matthew 7:13**

13 "Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. 14 But small is the gate and narrow the road that leads to life, and only a few find it.

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**Rest in our Helplessness**

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**Psalm 147:3-6**

3 He heals the brokenhearted and binds up their wounds 4 He determines the number of the stars and calls them each by name. 5 Great is our Lord and mighty in power; his understanding has no limit. 6 The Lord sustains the humble but casts the wicked to the ground.

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**1 Peter 5:5-10**

5 Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." 6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

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**1 Peter 5:5-10**

8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. 10 And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.

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What does 'humble yourself' look like?

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**Not and Nothing**

"Truly, truly, I say to you, the Son can do nothing of his own accord, but only what he sees the Father doing 5:19

"I can do nothing on my own. As I hear, 5:30 I judge, and my judgment is just, because I seek not my own will but the will of him who sent me.

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28

**Not and Nothing**

I do not receive glory from people. 5:41  
For I have come down from heaven,  
not to do my own will but the will of  
him who sent me 6:38

So Jesus answered them, "My  
teaching is not mine, but his who sent  
me. 7:16

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**Hebrews 4:9-10**

9 So then, there remains a Sabbath rest for the people of  
God, 10 for whoever has entered God's rest has also  
rested from his works as God did from his.

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