

¹The Spirit of the Lord GOD is upon me, because the LORD has anointed me to bring good news to the poor; he has sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to those who are bound,² to proclaim the year of the LORD's favor...”

- Isaiah 61:1-2 (ESV)

³...Are you the one who is to come, or shall we look for another?”
⁴And Jesus answered them, ‘Go and tell John what you hear and see: ⁵the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. ⁶And blessed is the one who is not offended by me.’”

- Matthew 11:3-6 (ESV)

“Behold, I am laying in Zion a stone of stumbling, and a rock of offense; and whoever believes in him will not be put to shame.”
- Romans 9:33 (ESV)

Test your ‘Thinking’

- Which occupies more of your thoughts: those that are in need in your life, or those that seem to be getting all the breaks?
- In the last month, have you spent more time grieving or praying for those in need or have you spent more time hoping someone you know gets knocked down a peg or two?
- Have you spent more time this month trying to help someone in need or trying to out do, out achieve, or one-up someone around you?
- When you have helped someone in need, do you do it until it makes you feel good or do you do it until they are well?
- In your walk as a believer do you think more about what God could do for you or for what you could do for God?

²⁸Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.”

- Matthew 11:28-30 (ESV)

²²But be doers of the word, and not hearers only, deceiving yourselves.
²³For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴For he looks at himself and goes away and at once forgets what he was like. ²⁵But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. ... ²⁷Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.” - James 1:22-27 (ESV)

Action for the Broken Hearted

Provide Rest

Create Space for Conversation

Small Group or Personal Reflection Questions

Bonus thought! (I was going to place this in the sermon, but ran out of ‘space.’
Read it as a group and share your thoughts and feelings about it.)

- Do you realize you were only a geographical birth place away from an entirely different life? Only an illness, an accident, an act of violence upon you from being someone in serious need...from being the poor, the broken hearted, or the oppressed? And I would venture to say that at some point in all our lives we are going to be at a place of need. A place when we can not speak and all we can do is cry, a place where we find ourselves defenseless, or where we can not care for ourselves. If you were to grow up in poverty on the other side of the world wouldn't you wish someone across the sea would have helped; if you were to find yourself defenseless, sick, or crushed with grief wouldn't you wish someone across the street would have noticed and acted?
- Scott said Jesus teachings were often designed to ‘disorient’ our thinking. (To undo ‘old’ habits, traditions, thought processes.) What are some of your ‘old orientations’ concerning the poor that may need to be disoriented?
- How did you do on the test on the first page of the outline?
- Who do you know in need of rest or a conversation?
- Do you have a few good ‘backpack stories’ you are taking to Heaven? Do you care to share one? Go ahead and brag on yourself a bit!

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