

SERMON NOTES

Free from the past - Jersey Liberation day 2022

Fortifications in the Channel Islands were built by Germans in the channel islands in ww2 at enormous cost in money, emotion and human life. The attack they feared never happened.

Many times our outward actions, responses, habits and behaviours are caused by old fortifications we have built up due to an overreaction to a perceived or real threat or the lack of healing from an old trauma or conflict.

Main truths and verses:

1. JOSEPH'S STORY (Gen 30-50) GIVES MULTIPLE EXAMPLES OF WALLS AND PAIN

Genesis 50:20 (NKJV) - "But as for you, you meant evil against me; but God meant it for good, in order to bring it about as it is this day, to save many people alive.

2. HOW SHOULD WE BEHAVE?

Colossians 3:12-15 (NKJV) - 12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;

13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do.

14 But above all these things put on love, which is the bond of perfection.

15 And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful.

1 Corinthians 13:4-7 (NIV) - 4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud.

5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

6 Love does not delight in evil but rejoices with the truth.

7 It always protects, always trusts, always hopes, always perseveres.

3. REASONS WE PUT UP WALLS

a) FEAR - Pro 28:1 (NKJV) The wicked flee when no one pursues, But the righteous are bold as a lion.

b) WRATH - James 1:19-20 NKJV - 19 So then, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; 20 for the wrath of man does not produce the righteousness of God.

c) PREJUDICE - James 2:9 NKJV - 9 but if you show partiality, you commit sin, and are convicted by the law as transgressors.

d) JUDGING MOTIVES - 1 Corinthians 4:5-6 NKJV - 5 Therefore judge nothing before the time, until the Lord comes, who will both bring to light the hidden things of darkness and reveal the counsels of the hearts. Then each one's praise will come from God. 6 Now these things, brethren, I have figuratively transferred to myself and Apollos for your sakes, that you may learn in us not to think beyond what is written, that none of you may be puffed up on behalf of one against the other.

e) OATHS - Matthew 5:34, 37 NKJV - 34 "But I say to you, do not swear at all: neither by heaven, for it is God's throne; ... 37 "But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one.

f) BITTERNESS - Hebrews 12:14-15 NKJV - 14 Pursue peace with all people, and holiness, without which no one will see the Lord: 15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

4. OTHER USEFUL VERSES:

1 Corinthians 10:13 (NKJV) — No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

1 Peter 5:7 (NKJV) - casting all your care upon Him, for He cares for you.

Matthew 10:16 (NKJV) - 16 "Behold, I send you out as sheep in the midst of wolves. Therefore be wise as serpents and harmless as doves.

Points to Remember -

1. His promises must be taken and fought for - promised land.
2. His presence (Spirit) helps and heals and guides.
3. God's forgiveness heals and enables us to pass on forgiveness and to see things in a new light.
4. He works all things together for good.
5. He uses our hurts to comfort others –

2 Corinthians 1:3-4 (NKJV) - 3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.

6. He protects us from harm.
7. We wrestle against spiritual forces NOT people.
8. What's the worst thing that could happen? Face the hurt and perceived danger head on. Look right at it.
9. Have a healing session with Jesus
10. Be "Wise as serpents innocent as doves" - be savvy and aware ...but stay pure hearted and not bitter. God will avenge, protect, repay, judge - I don't need to.

"Hurt people hurt people, but ... healed people are the greatest healers."

SMALL GROUP DISCUSSION GUIDES

Remember that the aim of the small group is to foster discussion and community, rather than for the leader or one individual to preach to everyone.

1 - Often an **Icebreaker question** is a great way to start discussion. You could ask a question like:

- What were the highs or lows of your week?
- What is your earliest memory?
- If you had to describe yourself as one animal, what would it be and why?
- What is your favourite type of holiday destination?

2 - Next, **read the passage**. You can ask various people in the group to help by each reading a portion of the passage.

3 - These are the **main questions** to ask to understand the passage:

- What is the main message of this talk / passage?
Allow discussion and even diverging from the main topic if it is helpful.
- What did you find particularly helpful or challenging?
- What did you not fully understand?
- What can we do **PRACTICALLY** in response to this teaching?

4 - Close by offering **prayer** for each person.

- Ask, "how can we pray for you / each other now?"
- Ask each person to pray or you, as leader, pray for each person's need

The blessing and opportunity in Small Groups is the possibility for...

- Each person to contribute and/or ask questions,
- People to pray for each other and to ask for prayer,
- People to learn to use and grow in their gifts,
- Community, friendship and intimacy in relationships.

God Bless you in this very important ministry.