



COMING UP TO BREATHE - Part 1 of 6 Blessed Are the Broken June 5, 2016

And he began to teach them, saying: “Blessed are the poor in spirit for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled.”

—Matthew 5:2-6

Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?” —John 5:2-6

“I have seen their ways, but I will heal them; I will guide them and restore comfort to Israel’s mourners, creating praise on their lips. Peace, peace, to those far and near,” says the Lord. “And I will heal them.” —Isaiah 57:18-19

I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. —Romans 7:15-18

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! —2nd Corinthians 5:17

FEARS

1. THE FEAR OF **DISCOVERY**

I was afraid because I was naked, so I hid. —Genesis 3:10

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God’s law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. —Romans 7:21-23

...my strength was sapped as in the heat of summer. Then I acknowledged my sin to You and did not cover up my iniquity. —Psalm 32:4-5

2. THE FEAR OF **CHANGE**

SOLUTION

★★**ADMIT I’M POWERLESS**★★

Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. —2nd Corinthians 1:9

*God opposes the proud but shows favor to the humble....
Humble yourselves before the Lord, and he will lift you up. —James 4:6 & 10*