**Fixer Upper**

**Week 4 – Soul Care**

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| **CONNECTION (ORIENTATION)** |

1. **INTRO**: At some point everything new becomes old. As things become old it is necessary to take an inventory of what needs to be fixed. Cars need to be fixed. Homes have all sorts of repairs that must be fixed. If you’re a parent, toys must be fixed. Businesses have old models and systems that need to be fixed. And then there’s you and me. If you’re a human being something needs fixed! All of us need to be fixed. Inside all of us are hidden struggles that can lead to bigger problems if we fail to address them. This series plans to address just that.
2. **TODAY**: So today we’re going to finish our series by addressing how to care for ourselves.
3. **CONNECTION**: Life is full of opportunities that bring joy to our lives. The opportunity to go on a fieldtrip, to go on vacation, to meet the president of your company, to enter a relationship with someone, to have children or buy a home are all examples of opportunities that we have something to enjoy in life. Live is gratifying when we are able to experience the opportunities we pursue.

***TRANSITION****:* However, life has a way of complicating our plans and many of our pursuits are put on hold as a result.

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| **TENSION (IDENTIFICATION)** |

1. **PERSONAL STORY**: One weekend when I had come home from college to visit with my parents I was enlisted to help my Dad clean up the garage. Back in one of the closets he had a dehumidifier that he wanted moved out. I walked to the closet and it was packed full of other things. Lifting the dehumidifier out was awkward. I had to pull it out and turn it at an angle. What I didn’t realize at the time is that holding on to the bottom of this particular dehumidifier was a mistake. I thought I was holding the bottom of the unit when in fact I was really holding the bottom of the bucket. Attempting to turn the dehumidifier resulted in my one hand simply pulling the bucket out. With only one hand now holding the unit from the top side, gravity did it’s job and the dehumidifier fell. As it was falling, I stuck out my leg to try and break it’s fall so as to not break the dehumidifier. As I did a piece of metal sticking out ripped right through the skin on my leg. My initial thought was to put a band aid over the gash and hope it didn’t leave a bad scar. The problem is that after a few hours the bleeding hadn’t stopped. The wound was too deep and it needed attention. My parents wanted to take me to the ER and I didn’t want to go. I knew there was a chance that they would cause more pain in order to fix me up. I avoided it until I tried to stand. When I became light headed from the bleeding I realized I couldn’t avoid it any longer.
2. **GENERAL**: Life has a way of doing the same thing to us. Some of us have a relationship that has caused pain in our life and we’ve hidden that pain. Some of us have faced challenging circumstances and have hid the pain. Some of us have had an expectation that was never met and that failure has created a great pain in our life. All of us have a hidden pain in our life. And over time that pain affects us and those around us. There’s pretty high chance that most of us in this room know that something isn’t right on the inside and you’ve kept it hid thinking it will go away, but it’s not left. And every time you see someone that resembles the problem you had or see someone face a similar situation as you it’s a reminder of the pain you once felt and you face that pain all over again. This even applies spiritually speaking.
3. **SPIRITUALLY**: Whether you’re a follower of Christ or not, all of us tend to ask God a very generic question about our pain. We don’t always wait or look for an answer, but we’ll ask God where He is or what He’s doing to us. We’ll ask why we deserve this pain or when we’ll get a break from the pain we’re facing. Some of us get extremely frustrated with God because we think God doesn’t hear us in our pain. But this couldn’t be further from the truth.
4. **CHALLENGE**: Here’s what I know about all of us, Christian or not. The challenge we have when we experience something painful is that many of us hide the pain instead of choosing to do what it takes to bring healing. We’ll adjust our behavior, avoid conversations and ignore people in order to hide the areas we’ve been hurt. Sadly we learn to cope with the pain rather than address it. We learn to walk with a limp rather than fix the problem that could allow us to run freely.

***TRANSITION****: Because Jesus came to save us, there’s no better place to turn to find healing for our own lives! The bible is full of accounts of God bringing healing to the broken and hopefully today we’ll leave here with the process of receiving God’s healing for our life.*

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| **TRUTH (ILLUMINATION)** |

1. **CONTEXT**: King David was a man who we can learn a lot from. His life has a lot to teach us when it comes to receiving healing. Today we’re going to look at accounts of David’s life from different passages in our Bible. The passages we’re looking at will teach us about how David experienced healing in his life.
2. **STORYLINE**: Our story picks up with an account that I spoke on a few weeks ago. David had recently become King and was defeating enemies. In the midst of great success David decides that the Ark of the covenant (God’s presence should be brought back to Israel. He brought 30,000 men to worship God as they brought they attempted to bring the ark back. David and Israel wanted God’s presence back in their life and country, but had forgotten something extremely important. The reason they had been separated from God’s presence to begin with was a result of the sin of their nation. So as they attempt to force God’s presence back in their lives the oxen stumbles and the presence of God begins to tip off the cart. Uzzah disrespectfully attempts to catch the ark and force it forward, but God was intentionally stopping to bring healing to Israel’s past brokenness. Uzzah dies and David was hurt. He didn’t understand why God didn’t allow the ark, his presence, back in Israel. He was angry and then became afraid. We pick up in vs. 10.

**2 Samuel 6:10**

**10He was not willing to take the ark of the Lord to be with him in the City of David. Instead, he took it to the house of Obed-Edom the Gittite.**

* Think about this scenario with me. David shows up to Obed’s house unannounced. I’m sure Obed meets David and is in awe. Honey, King David is here. David was like, umm… here you go Obed. Can you keep the Ark of the Covenant? Oh and Uzzah just died, so… be careful to not be disrespectful. Obed, was like, thanks… King David. I appreciate you watching out for me. Okay, it probably didn’t happen exactly like that but I’m sure Obed was a bit nervous what might happen to him and his family. Why was God allowing this crisis to happen after he had been blessing Israel? Didn’t God want his presence back in Israel? All of Israel had questions concerning what just happened.
* Something was wrong in Israel and no one really understood the depth of the problem. The presence of God being held back from Israel was an indication or symptom something wasn’t right. When we find ourselves facing a challenge we have two choices. We can dive into the problem or we can hide and pretend it doesn’t exist. King David decided he wanted to get to the bottom of the problem. He heads back to pray and seek Godly council. After finding confidence in God and hearing of God’s blessings over Obed, he heads back to get the Ark and bring it back to Israel. However, this time David takes a different approach.

**2 Samuel 6:13**

**13When those who were carrying the ark of the Lord had taken six steps, he (King David) sacrificed a bull and a fattened calf.**

* David learned that Israel had sinned and needed God’s healing in their life from their sin. They needed to remember God’s boundaries for life were greater than the ones that misled them to begin with. David had to do some searching for the sake of Israel to understand this.
* Now, doctors are trained to listen to the symptoms in order to better understand the potential problem. However, in life we don’t always have a doctor that can see into every evil, every political lie, every injustice or challenge we face. Our willingness to look to God for guidance is vital to our health. Just like in David’s day, we as a church need to be looking to God, as a church, for the sake of our nation and our communities. What led us where we are isn’t a part of God’s plan and we must learn where we’ve made mistakes. We must not cover up or hide our failures. Failure to address our self-inflicted wounds won’t allow us to reveal God in a healthy manner to others. If God’s presence is going to come back to America we must, as a church, recognize a sacrifice is necessary for God’s presence. However, this is only part of the story.
* David had success bringing God’s presence back to Israel. While David learned sacrifice was important after sin was committed, he didn’t get the entire picture concerning sacrifice and sin. It wasn’t until later in life when David sinned himself that he learned the real point of sacrifice. So David had an affair and got the girl pregnant. He sent her husband to the front lines to hide his mistake by allowing her husband to be killed. He could secretly cover the pain and shame of sin in his life. However, God brought the sin to light, but it wasn’t to destroy David. It was to rescue David and reveal how to deal with the painful sin in his own life. After David sins, his son dies and David realizes his sin contributed to this. David was once again hurting like he did when Uzzah died. While David had learned to sacrifice earlier in life, a sacrifice couldn’t bring total healing. David missed something the first time God tried to teach him about sin. David wrote this as God revealed Himself.

**Psalms 51:16-17**

**16 You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. 17My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.**

* God doesn’t want a sacrifice by itself. The sacrifice isn’t the point. He wants us healed. Our sacrifice is a result of recognizing our need for God to heal what is broken. It’s an act of worship admitting we need God to heal what was broken. We can all learn from this.
* To recognize our need for God there is an exposure to our wounds that must be opened up. Too many times we want to hide our wounds, but He wants us to take off the temporary bandage in order to deal with the deep problems inside of us.

*SUMMARY: Let me summarize this for us.* ***God won’t fix up what we won’t open up****.*

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| **APPLICATION** |

**TRANSITION**: Here’s what this means in greater detail.

1. **GENERAL**: Whether you’ve been hurt by someone or you’ve hurt someone we can all recognize when something is broken. The reality though is that sometimes we go around in circles before we realize that something is really wrong. Like the children of Israel wondering around the wilderness, we go around in circles never really addressing parts of our past. Maybe you can relate. You wonder why you’ve continued to struggle with fear, with broken relationships, your finances or another reoccurring challenge. Maybe you’ve gotten comfortable with your pain being hidden. Maybe symbolically you feel comfortable walking with a limp and have forgotten the freedom to move as you wish. If we’re going to care for our life we have to learn to be transparent and it all begins in our soul. That being said, we’re going to look at multiple verses here and I’m going to suggest 4 steps to open up so God can provide care for your soul. It begins with another statement written by David in Psalms 119.

**Psalms 119:75, 77, 79-80**

**75I know, Lord, that your laws are righteous, and that in faithfulness you have afflicted me. 77Let your compassion come to me that I may live, for your law is my delight. 79 May those who fear you turn to me, those who understand your statutes. 80May I wholeheartedly follow your decrees, that I may not be put to shame.**

1. **APPLICATION**: 4 steps to care for our soul.
   1. **Ask God to reveal where you are prideful (afflicted). Vs. 75**

* I believe God allows, sometimes even arranges, trying experiences in our lives to expose our character weaknesses and wrong attitudes so we can deal with them.
* What a caring and compassionate God we have. God has cared for us enough to allow us to be afflicted so we can deal with the wound that is getting worse and worse. The wound that could ruin our life is brought to light so we can be healed. Most of the time we despise the pain, but when God reveals the pain, its to bring healing.
* Sometimes we face some of the same challenges over and over because God is trying to bring healing to our lives and we just keep trying to recover it. Yet God cares too much to let it hide and destroy you. He wants to set you free.
  + 1. Pride presents the greatest barrier to learning from the difficulty and disappointment. Pride causes us to hide our pain/sin instead of dealing with it. Whether someone hurt you or you’ve contributed to a problem in a relationship (most likely true) pride can get in the way of us dealing with our sin or our pain.
    2. Pride does not usually admit wrong or personal responsibility. When it does it excuses it or explains it away and there is no sorrow for the pain.
    3. Pride blames others, criticizing and point out why they are wrong.
    4. Pride breeds a demanding attitude. It focuses on what has not been done for us rather than what has been done for us.
    5. Pride is divisive demanding our desires over others.
    6. Pride cases a person to judge a situation by what they want rather than what God may want.
    7. Pride excuses bitterness and resentment and leads to pity.
    8. Pride says we can reach a level or depth of spirituality through self-righteousness and not in the cross that leads us to humility.
    9. There is no middle ground- When things go wrong, we can either look for God’s reasons or become hard and proud.
  1. **Ask God for healing**- vs. 77
     1. Lord what do you want to teach me?
     2. What unrealistic expectation did I create?
     3. Have I sinned?
     4. Who do I need to forgive?
     5. What actions, attitudes and behaviors do I need to change?
  2. **Ask God for help from those who understand God’s Word- vs. 79**
     1. Do I need to seek counsel to help me see beyond my own view?
     2. Where am I assuming incorrectly?
     3. Where is my character weak?
  3. **Ask God to help you embrace his boundaries- vs. 80**
     1. For people who learn to ask God why He allowed a situation to take place or what He wants to teach them through it, disappointments produce tremendous growth and heightened spiritual understanding.

1. **SPIRITUALLY**:

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| **LANDING (INSPIRATION)** |

**Closing**: Think about what life would be like if…

**Response: Prayer, Communion, Etc.**