

Building Mindfulness

Mindful Jesus

“Stretch Out”

Luke 6:5-11

The Withered

And He was saying to them, “The Son of Man is Lord of the Sabbath.”

On another Sabbath He entered the synagogue and was teaching; and there was a man there whose right hand was withered.

The scribes and the Pharisees were watching Him closely to see if He healed on the Sabbath, so that they might find reason to accuse Him. But He knew what they were thinking, and He said to the man with the withered hand, “Get up and come forward!” And he got up and came forward. And Jesus said to them, “I ask you, is it lawful to do good or to do harm on the Sabbath, to save a life or to destroy it?” After looking around at them all, He said to him, “Stretch out your hand!” And he did so; and his hand was restored. But they themselves were filled with rage, and discussed together what they might do to Jesus.

Luke 6:6-11 (NAS)

Pharisaical Law

For example, one Pharisaic rule regarding the Sabbath held that an animal could be led out to water - provided nothing was carried (Shabbath 5:1).

Water an Animal but let a Man suffer!

Another such Pharisaic rule was that you were only allowed to medically treat a man for an illness on the Sabbath when the man's life was in danger.

It was held to be OK to break the 4th Commandment in a life threatening situation.

However, you could not break the fourth commandment just to alleviate suffering!

(Mishnah Yoma 8:6).

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The Audience

Hostile Environment v6

Cynical Synagogue

- Synagogue: A Place of God?
- Knew Jesus' Ministry
- Waiting for their AHA!
- Heard he had healed on a Sabbath
- The Atmosphere (Tension)
- Hatred/Critical
- Blinded by Law/ Religious Process (No answer)
- Murderous Thoughts
- What would you do in this Environment?

Jesus Knows our Thoughts v8

Spiritual Ambush

Withered Right Hand

Luke 6:6

Shriveled Right Hand



The Right Hand!

The right side of things is recognized in many ways as better than the left. The south and north sides of the earth are distinguished as "yamin" (right) and "sem'ol" (left; Job xxiii. 9), the right being the sunnier, brighter side, and the left the bleak and dark side, ill-omened and unlucky, where evil generates. "Out of the north an evil shall break forth upon all the inhabitants of the land" (Jer. i. 14). The right side, or right limb, of a person receives special prominence; the place of honor is at his right. "

David Eisenstein

The Man

- Belief of Generational Sin
- Cursed/Evil
- Right Hand (Greet)
- Outcast
- Overcompensate
- Ugly/Embarrassed (Hide)
- Had his place (Stay down and keep in the back)
- Toxic Environment
- Withered Hand/Hopes

Withered Definition

Withered: (of a plant) become dry and shriveled:
"the grass had withered to an unappealing
brown" .

Cease to flourish; fall into decay or decline:
synonyms: shrivel (up) · dry up · wilt · fade ·
perish. waste away.

Oxford Dictionary

Living the Withered Life!

“Stretch Out”

Withered Dreams

- Start off with great dreams
- Pressure of the American Dream
- Career Dreams
- Dreams for Kids
- Dream for Relationships/Spouse
- Life Got Tough (Choices and Circumstances)
- No Future Dreams (Day to Day)

Withered Body

- Age is catching up with You
- Aches and Pains (Knee, ankle, back, hip, heartburn)
- Weight Issues
- Serious Health Problems
- Sickness

Withered Spirit

- Beat up by Life!
- Worn down over time.
- Defeated
- Tired
- Bored
- I'm here!
- Losing Hope that God can use you
- Covid

Withered Faith

- Kingdom Aspirations (Baptism)
- Christians Hurt Us
- Leaders Hurt Us
- Broken Promises
- Fallen Friends
- Is God still with Me?
- Should I Believe/Trust Again?

Inward Renewal

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal (2 Cor 4:16-18)

Ed and Miriam

Mindful Jesus

The Calling!

He said to the man with the withered hand, “Get up and come forward!” And he got up and came forward. And Jesus said to them, “I ask you, is it lawful to do good or to do harm on the Sabbath, to save a life or to destroy it?” After looking around at them all, He said to him, “Stretch out your hand!” And he did so; and his hand was restored (Luke 6:7-9).

Jesus is Calling You!

What is Jesus saying to
me?

There is something Jesus wants me to do?

- Go and show the Priest
- Wash Yourself in the Pool
- Leave your life of sin
- Come Follow Him
- Give your possessions to the poor
- Get up and come forward, Stretch out your hand v 8, 10
- What is Jesus calling you to do? (Mindful)

What do you want Jesus to heal?

“Stretch out your.....?”

Stretch Out Your!

- We must Stretch Out (effort/Pain) and Believed Again?
- When was the Last Time he stretched out his hand (exposed)
- Come out of Hiding!
- No Miracles when your hands are in your pockets!
- Forgiveness
- Hurts
- Past
- Family Dysfunction (Upbringing, Marriage, Kids)
- Hope for the Lost
- Put it in front of Jesus!
- Let him stretch out your Mind/Heart!



When God does His best work!

- No closet Miracles
- It's Time to Answer His Call
- It's Time to come forward (out of the shadows)
- It's Time to Reach Out
- No matter what people think
- It's Time to Break the stigma and break the negative self talk
- Jesus Fully Restores
- You can be better than ever
- First Step takes courage and belief
- Jesus Calling YOU. To "Get Up, Get Up, Get Up"
- God is Glorified in our Weakness/Uglies

Communion

Listen for His Call!

Jesus: Restores and Stronger than Ever!

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast

(1 Peter 5:10)