

Sermon Notes January 28, 2024 – “Pressure Points”

Sermon: *“Jesus and Broken People”*

Scriptures: Psalm 70:1-5; Mark 1:21-28

Focus Verses:

“But I’ve lost it. I’m wasted. God—quickly, quickly! Quick to my side, quick to my rescue! God, don’t lose a minute.” Psalm 70:5
MSG

Jesus ordered the spirit, “Be quiet, and come out of the man!” The evil spirit shook the man hard, gave a loud scream, and came out of him.

Mark 1:25-26 GNT

THOUGHTS TO PONDER:

- 1) Have you ever broken a bone, had surgery, or been very sick with a health problem?
 - a. In what ways did it keep you from feeling like yourself?
 - b. How did you heal?

- 2) In what other ways have you felt broken ... like you just were not your true self?

- 3) How does your pain define your life?
 - a. Is there any part of it that feels comfortable to you in some strange way?
 - b. If so, how and why?
 - c. If not, why not?

- 4) How do fear, anger, and other emotions or thoughts define your pain?

- 5) How could time with Jesus define your pain?