Series: Healing for the Wounded

April 28, 2019

Message 4

**Get Grace in Your Bones!**

**Psalm 147:3**

Psalm 147:3 - He heals the brokenhearted and bandages their wounds.

**Intro:** We have talked in this series about various vulnerabilities that open us up to being among the walking wounded - and how we can receive the healing Jesus offers -

Burnout - Depression - Wounding -

Burnout happens to those constantly giving - Then depression comes in the emotional realm and we become depleted - our wells become empty - and when depression becomes our companion we are open to being deeply wounded.

Sometimes these wounds are inflicted from those we love. Sometimes they mean it - sometimes they don’t - sometimes people have no idea they have offended us - sometimes it is very purposeful.

A couple of weeks ago we talked about how we can become tired - or performance oriented perfectionists — or hypocritical - all of this causes us to be vulnerable and on the edge of being wounded.

We get to a place like this and it’s almost like we’re walking around with a “Kick Me!” Sign on our backs - and we know it’s there - and we’re not sure but what we may have put it there ourselves and we actually want to be punished for something.

Some have never felt accepted or unconditionally loved. It has all been tied to our performance and living up to either someone else’s expectations or our own expectations through life. We have always felt like we have to achieve something in order to gain love and acceptance - from people or from God.

You have done nothing and you can do nothing to deserve God’s love or to get Him to love you.

Romans 5:8 - But God showed his great love for us by sending Christ to die for us while we were still sinners.

He offered you His love, grace and forgiveness when you were at your lowest, worst place. If you have accepted that gift, why is it that since you have received it, you have to work for all the rest He offers you? God’s love is a gift - that’s why His blessings are called gifts.

He gives gifts of the Spirit - not prizes of the Spirit - nothing we receive from God is earned.

Peter said, “You shall receive the gift of the Holy Spirit!” - Not - “Work hard to earn the prize of the Holy Spirit!”

Ephesians 2:8-10 — God saved you by his grace when you believed. And you can’t take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it. For we are God’s masterpiece….

Some have said, and I repeated this when I was younger - that what we do here on earth sends up material for our home in heaven -

WRONG! There will be no homeless people in heaven! Jesus is building the homes, not us - there will be rewards for what we do - but they will simply be tossed back at His feet!

Some have a hard time believing you would ever be accepted into heaven - ever forgiven by Jesus.

We need the work of the Holy Spirit to help us understand God’s grace! Grace is grace! Grace is grace plus nothing! It’s just grace! We just have to accept that God loves us as we are - no matter what!

When the thief on the cross spoke to Jesus … were their any scales to weigh out good works vs. bad works?

While some think they could never be received into heaven - others think that if they are good enough - if they work hard enough - if they achieve some kind of perfection - they might make it! No!

That just adds religious stress! Let it go! Rest in Jesus and His love for you!

If we are not careful, we teach our children that our love for them is based on their performance. Kids are honest - we are the ones who teach them hypocrisy.

In their interpretation, we love them when they are pretty - when they are not messy - when they do what they are supposed to do - IN THEIR INTERPRETATION -

Why did Jesus hit the Pharisees so hard for being hypocrites? Because when a person gets so ingrained in their phoniness, in their hypocritical mindset - everything becomes performance and goodness oriented - and that person cannot accept the grace of God - which is the only way that they can be saved - It is not based on our performance!

**Big Idea: How do we open ourselves up to God’s grace?**

Some of us here today are severely wounded - or on the edge of being wounded - some think we will only be accept don the basis of what we do -

Let me relieve some stress today - the only thing that will get us accepted by God the Father, by His son Jesus Christ, and by the Holy Spirit is receiving in our spirits what Jesus did for us on the cross.

**T.S.:** 4 ways -

**> Accept Jesus’ sacrifice**

The gift of eternal life is a free gift. You don’t have to be a hypocrite anymore. You don’t have to perform to a certain standard in order to receive the gift.

Jesus blasted the Pharisees to try to shake them up and wake them up from their hypocritical way of living and their performance oriented approach to a relationship with God. Sometimes we need to be blasted a little and shook up a bit - with love!

Once we develop a hypocritical mindset, we can go a lifetime without being real - without being honest.

Some churches encourage this. Some preach grace out of one side of their mouth, and performance out of the other. They say, you have to do all of this - not do any of this - look like this - don’t go here - don’t go there - use these words- don’t use these words - do this in church - if you meet up with all these standards - rules - regulations - then you JUST MIGHT get into our church - maybe even heaven - IF YOU’RE GOOD ENOUGH AND STAY GOOD ENOUGH!

Some have heard this doctrine of forgiveness by rules and regulations so much and have fallen short so often, they feel as though they are looked down upon by everyone in the church - they don’t measures up -

Sometimes we are the ones guilty of looking down our self-righteous noses at others -

No one will ever measure up to a doctrine of rules and regulations. One of the great purposes of the Old Testament is to prove that isn’t possible. The New Covenant abolished the idea of a relationship with God based on rules and regulations - and that idea was shattered when Jesus was brutally bloodied and mutilated on the cross - and He was innocent!

In His innocence He took all the punishment for our wrongdoings - so that we don’t have to be punished for wrongdoings - and we can’t be accepted by God simply by becoming good - or better people -

We have to accept what Jesus did on the cross as the sacrifice for our gift of eternal life.

Once we have accepted this gift of grace - we want to change our lives to please Him - in love and thanks - not because we feel we have to do it to earn His love. We want to find out how He has taught us to live so our lives can be better - so others can see the change - and so that they can receive this freedom of love as well!

When we make our decisions based on a desire to show our love to Jesus for how He received us in our mess, then no one will have to tell us what to do to please Him - there won’t be any rules and regulations - the Holy Spirit will guide us into a life that is pleasing to Him!

Some have become so strong on teachings that are no where in the Bible - that’s why Jesus condemned the Pharisees! It’s wrong!

Where the Bible speaks, we speak - where the Bible is silent, let’s be silent!

**> Let the anger go**

Not fully understanding grace can bring on anger. If we feel like God’s grace is dependent on what we do - we will never measure up and that will bring anger into our lives.

If we feel like you will never measure up to a standard that has been set so high - either by yourself, or a church, or your family - then we have not fully understood the grace of God. We become angry at ourselves for not living up to the standards. We become angry at the system of belief that has put us in this prison.

**It all boils down to not understanding grace.**

When people get this way they can go to church, look nice, dress wonderful, smile, sing songs - but then their anger comes out when they are on the phone during the week - or on social media - or in their emails - they begin to talk about other people and other situations - and a critical spirit takes over -

These are the people who seem to be in the middle of every controversy and every drama.

Mark 7:1-8 - One day some Pharisees and teachers of religious law arrived from Jerusalem to see Jesus. They noticed that some of his disciples failed to follow the Jewish ritual of hand washing before eating. (The Jews, especially the Pharisees, do not eat until they have poured water over their cupped hands, as required by their ancient traditions. Similarly, they don’t eat anything from the market until they immerse their hands in water. This is but one of many traditions they have clung to—such as their ceremonial washing of cups, pitchers, and kettles.)

So the Pharisees and teachers of religious law asked him, “Why don’t your disciples follow our age-old tradition? They eat without first performing the hand-washing ceremony.”

Jesus replied, “You hypocrites! Isaiah was right when he prophesied about you, for he wrote, ‘These people honor me with their lips, but their hearts are far from me. Their worship is a farce, for they teach man-made ideas as commands from God.’ For you ignore God’s law and substitute your own tradition.”

The Pharisees were not secure in a relationship with God - Jesus is full of mercy and grace and they are arguing over how and when to wash your hands - this was a tradition that was not in the Scriptures!

They were attempting to find peace and a relationship with God in how they followed their rules and regulations - it wasn’t working for them - and Jesus’ disciples were following Him because the way of the Pharisees wasn’t working for them either!

It works for no one! It won’t work for you!

Jesus goes around setting people free from rules and regulations!

Some here have been attacked by religious people because you would not follow their rules and regulations. People today are tired of being wounded and bitten by the church! Jesus is tired of people being wounded and bitten by the church! Jesus came to give grace! Jesus was mutilated and bloodied on the cross to give grace.

The churches who preach rules and regulations are dying. When hurting, wounded people come into this place, may they find the love and acceptance that Jesus Christ offers.

Here is something this mindset leads to: You begin to believe that your success or failure is based on your righteousness or unrighteousness.

If I’ve got problems - I must have done something wrong to deserve this.

If things are going good - I am the one who is doing good to bring this on.

It is true that we can live in such a way that will bless us - and we can make decisions that will hurt us -

But grace goes beyond all of that - There are times God blesses us in spite of ourselves!

There was a time I went golfing - I had one of the greatest games I every shot!

I thought - “Something bad is going to happen today!” I couldn’t believe that something good could just happen to me for nothing!

That’s a prison!

Romans 3:23 - For everyone has sinned; we all fall short of God’s glorious standard.

**God’s forgiveness of us is not based so much on us holding on to God as it is God holding on to us.**

The promises of His Word give us rest and peace.

I’m not saying we can live any way we want and still have a relationship with God - but I am saying that God’s grace is what we need to have that relationship - and not understanding that grace sets people up to be hurt and wounded.

**> Let the weeping happen**

The wounded hurting person does a lot of weeping - or needs to do a lot of weeping. Sometimes we don’t even know why we’re weeping. We are just hurting so bad, we just can’t seem to keep our emotions together. God made us this way to release the hurt and the pain.

The Navy makes ships to keep the water out - when the water comes in the ship sinks. There are built in outlets to release the water that does get in.

When all the stuff gets inside of you that was never intended for you to carry, God put built in outlets for you to release that stuff and be able to sail again. If you don’t get the release, it will affect your health. It will affect your very bones.

**> Get grace in your bones!**

Proverbs 16:24 NIV - Gracious words are a honeycomb, sweet to the soul and healing to the bones.

The bones and the spirit are connected. We can’t fully explain it - but this is what the Bible indicates. Sometimes we get to thinking that our spirits and our bodies are so independent of one another. “What I do with my body doesn’t affect my spirit.” - that is an ancient heresy and lie.

Your spirit and your body are connected - and your spirit and your bones are interconnected.

Just as a child gets physical characteristics from their parents, their spirit is also fed from their parents. A child needs a relationship with their parents. A child need time, love, and attention. It affect their physical, emotional and spiritual health.

There is a direct connection between our spiritual health and our physical health. Everyone in life that matters to us affects our spirit, either for good or for bad.

Proverbs 12:4 - A worthy wife is a crown for her husband, but a disgraceful woman is like cancer in his bones.

You can destroy the people you love - physically, emotionally and spiritually - some feel as if they have already been destroyed.

Proverbs 14:30 NIV - A heart at peace gives life to the body, but envy rots the *bones*.

Proverbs 17:22 NIV - A cheerful heart is good medicine,

but a crushed spirit dries up the bones.

Some are on the edge because their spirits have been crushed.

When envy comes - where there is unforgiveness - when we feel we don’t measure up - our whole body can be affected.

When our spirit is crushed, when we seem overwhelmed and overcome by circumstances we can’t control or get on top of - it affects our bodies ability to do what it needs to do to keep us healthy.

Understand the grace of God - rest in Jesus - receive His grace and dispense His grace to those who have hurt you - to those who seem to have disappointed you or let you down -

If we can’t have a relationship with God by living up to a standard of rules and regulations, then let’s not base our relationship with others based on our expectations of them - let’s just love and accept one another - and forgive when we have to forgive.

This is the only way to get grace and health back into the very marrow of our bones - which is the source of a healthy life.

Some of the sickest, most unhealthy people I have ever known have been missionaries -

Stress - spiritual warfare - every battle you can imagine - and it takes its toll.

I heard that insurance companies hate to insure church employees because they are the most costly to the insurance plans.

The spiritual attack is great - and we all need to understand and receive the grace of God.

Get grace in your bones - make it a part of your life. Understand grace in a way so that it doesn’t come and go - but it stays with you - so you can live in grace and give grace to others who need it - and to whom you need to give grace.

Here’s something else about Jesus -

John 19:31-36 - It was the day of preparation, and the Jewish leaders didn’t want the bodies hanging there the next day, which was the Sabbath (and a very special Sabbath, because it was Passover week). So they asked Pilate to hasten their deaths by ordering that their legs be broken. Then their bodies could be taken down. So the soldiers came and broke the legs of the two men crucified with Jesus. But when they came to Jesus, they saw that he was already dead, so they didn’t break his legs. One of the soldiers, however, pierced his side with a spear, and immediately blood and water flowed out. (This report is from an eyewitness giving an accurate account. He speaks the truth so that you also may continue to believe.) These things happened in fulfillment of the Scriptures that say, “Not one of his bones will be broken,”

There is physical, mental, emotional, and spiritual health and life in Jesus!

Psalm 34:20 - For the Lord protects the bones of the righteous; not one of them is broken!

What happened when a dead man was thrown into the tomb of an old prophet - Elisha - when the dead man’s body hit the bones of Elisha, the dead man came to life!

There is something about getting grace deep into our bones! When those who have died believing in Jesus are raised from the dead, the bones will be put back together and new never-dying bodies will be put on those bones!

If God has you here, He has a reason for you to be here. Throw off all the junk, bitterness, bad attitudes, false testimony that would dry your bones and take away your life.

Proverbs. 3:5-8 - Never let loyalty and kindness leave you! Tie them around your neck as a reminder. Write them deep within your heart. Then you will find favor with both God and people, and you will earn a good reputation.

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.

Don’t be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones.

Proverbs 15:30 - Light in a messenger’s eyes brings joy to the heart, and good news gives health to the bones.

We we harbor negative attitudes - and hang on to negative words and negative reports - it gets down into our bones and crushes our spirit and takes from us the life God wants us to have!

If you have been wounded, if someone has hurt you and done you a terrible worn - you have to get grace in your bones.

“I didn’t deserve it.” No - and Jesus didn’t deserve the crushing He took at Calvary.

How much hurt and pain can be avoided, if we would get grace in our bones?

**Concl:** Let go today - release whatever it is of bitterness, anger, unforgiveness - receive God’s grace - give God’s grace to others - let the pain go - don’t wait until tomorrow - receive God’s health and get healthy now -

Jeremiah was down - no one listens to him - everyone hated him - according to our standards today, he was having zero affect at all - his ministry was a total bust -

Jeremiah 20:9 - But if I say I’ll never mention the Lord

or speak in his name,

his word burns in my heart like a fire.

It’s like a fire in my bones!

I am worn out trying to hold it in!

I can’t do it!

Let’s get grace in our bones!

Isaiah 53:5 - But he was pierced for our transgressions;

he was crushed for our iniquities;

upon him was the chastisement that brought us peace,

and with his wounds we are healed.