

“Baggage: Doubts/Fears”

Luke 24:36-40, Psalm 34:4

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Doubt and fear often go together.

For example: I doubt church will be over in an hour and I fear I won't get my favorite seat at the restaurant?

So we go to the baggage claim? Anybody here ever had any doubts? Anybody here ever had any fears?

Have we allowed our doubts and fears to become baggage so that we are consumed? Living in doubt...afraid and full of fear.

Take heart. Even the first disciples had doubt. Jesus was crucified, dead and buried, and even though Jesus had told them what would happen in 3 days those disciples had doubts. They were wondering; they were doubting and worrying. Corrie Ten Boom said this about worry: “Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

In essence they disciples were worrying and doubting and saying, “What happened to our Lord? Where is this Jesus? We put our hope in Him. How can we go on?”

The disciples in our scripture that was read in Luke had gathered, believe it or not to have a party....a Pity Party.

Then right in the middle of their doubts....Jesus appears. He is risen from the dead. This is not a ghost, but the bodily resurrected Jesus.

Luke 24:36: As they were talking about these things, Jesus himself stood among them, and said to them, “Peace to you!”

Yes the one who calmed the sea said to them... “Peace to you.” It is the same Jesus who says to each one here... “Peace to you!”

They were not expecting this. Perhaps they were enjoying their Pity Party too much. Excuse me, but it freaked them out! Scripture says they were startled and frightened.

Luke 24:38: And he said to them, “Why are you troubled, and why do doubts arise in your hearts?”

2 questions that we can ask ourselves today. “Why are you troubled?” and “Why do doubts arise in your heart?”

Jesus answers those 2 questions with one answer. It's as if He says, "Drop the doubt!" He says, "See me! Look at me! Touch me! Grab on and hold on to me!"

Even in our doubts Jesus want you to look at Him, see Him, hold on to Him. Oh, but it's hard to believe. It is hard to have faith. It is hard to trust.

That lack of hope, confidence, and trust can lead us to be overcome with fear. How are we going to make it? What are we going to do? I'm afraid.

Let me quote Corrie Ten Boom one more time: "Never be afraid to trust an unknown future to a known God."

You know we have talked about how difficult it is to drop whatever baggage you are carrying. We drop it and pick it up again. Or it is kind of like bungee cord or elastic band wrapped around the handle where we put it down and without us really wanting it too it 'bang' pops back up into our hands and life again. Oh to have the baggage behind us and the future ahead of us.

John Wesley, the founder of Methodism reminds of to focus on what is ahead of us. The Confirmation students ended each class by quoting this....helpful for us today.

"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can." John Wesley

To effectively do the good that God wants us to do we must do something about the baggage of doubt and fear.

Sometimes I have to keep on working at dropping the baggage. But you know....maybe, just maybe there is a simpler way to deal with our baggage.

Now bordering on oversimplification, and with fun and humor I want you to listen in a counseling session.

SKIT

Let me give you 10 words that I think will clear everything up for you. You want to get a pad and a pencil for this one. No really.....you want to get a pad and pencil for this one.

Are you ready? Xxxxx All right...here are the 10 words:

HE ANSWERED ME AND DELIVERED ME FROM ALL MY FEARS.

Or maybe when you want to carry that baggage or pick it up again you can reduce it to 2 big words. **STOP IT!** (S-t-o-p new word i-t.)

Don't doubt! Fear not!

Let's look at the famous Christmas story in Luke 2 where the shepherds are out in the field.

“And in the same region there where shepherds out in the field, keeping watch over their flock by night. And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with great fear. And the angel said to them, “STOP IT!, for behold I bring you good news of a great joy that will be for all people!

Don't be filled with great fear. STOP IT! for there is good news of a great joy for all people....and that means you!

Not doubt, but belief! I believe in God our Father. I believe in Christ the Son. I believe in the Holy Spirit. Our God is three in one. I believe in the resurrection. That we will rise again. For I believe in the Name of Jesus (word from Hillsong “This I Believe (The Creed)”)

Not doubt, but hope. “My hope is built on nothing less. Than Jesus blood and righteousness.”

Not fear, but trust. “I dare not trust the sweetest frame. But wholly trust in Jesus name.”

Christ alone; cornerstone. Weak made strong; in the Savior's love. Through the storm, He is Lord. Lord of all.

When I have doubts....When Darkness seems to hide His face. I rest on His unchanging grace
When I am in fear...In every high and stormy gale. My anchor holds within the veil. My anchor holds within the veil

Christ alone; cornerstone. Weak made strong; in the Saviour's love. Through the storm, He is Lord. Lord of all. He is Lord. Lord of all. (From Hillsong, “Cornerstone”)

Or one approach when we get ready to pick baggage is to simply say..... (STOP IT!)