

Exodus (The Way Out)

desert breeze
community church



Saturday & Sunday, February 10/11, 2018 Ray Davis

Exodus 6:1-30 “Healing a Broken Spirit”

Life is hard. If we aren't careful the hardness of life can break our spirit and make us hard (bitter). Bitterness is evidence that we have missed the grace of God and this will inevitably cause trouble in our lives and defile other people's lives (Heb12:15).

What Is a Broken Spirit? V9

“Spirit” = Heb. Wind, force, power, energy. It is passion to live or that which propels us out into life to take on life.

“Broken” = Heb. Shortness, impatience, anguish. A broken spirit is having very little passion to live - ranging from listlessness to depression, to being suicidal. (Pro18:14)

What Causes a Broken Spirit? V9 (1Thess5:23)

“Harsh slavery” = Heb. Severe, cruel, and fierce labor as captives.

Profile of abusers: Pervasive Denial of Responsibility, Bold Deceitfulness, Harsh Judgmentalism, & Calculated Intimidation. (Ex5)

(Eph4:26-27; Heb12:15) (Mending the Soul—Steven R. Tracy)

- Abuse – sins committed against us (physical/sexual/neglect/spiritual/verbal).
- Shame – unfounded disgust toward self. We feel defective, irredeemable, and unlovable and all we can do is hide and hope no one finds out.
- Powerlessness – feeling helpless and hopeless to stop the abuse and/or to get over the pain of past hurt (uncontrollable anxiety attacks, flash backs, nightmares, irritability, sleeplessness, PTSD).
- Deadness – the shutting down of all feelings so that, instead of feeling pain, one simply feels nothing (numbing). If it proves insufficient we will numb ourselves chemically.
- Isolation – shattered intimacy with God and others. (Matt22:37-40)

How to Heal a Broken Spirit?

Profile of Healers: Be Real (admit your honest feelings of shock & sorrow), Be Quiet (It's your presence and love they need most), Be Supportive (listen and comfort with a tender heart of understanding), Be Available (for the long haul—healing takes time). John 11:1-44

- Face Your Brokenness (Ex5:21-23; 6:14-30): Don't keep it a secret (James 5:16). Call it what it is. Grieve the loss and dare to hope (Ps42:11). Let God reinterpret your trauma (Gen50:20). (Ps34:6,18; Rom8:38-39; Ps147:3-4)
- Rebuild Intimacy with God (Ex6:1-13): Give God your feelings (vv9-13), Stay focused on His Person (vv2, 6, 7, 8, 29 “I am the LORD” 5xs), Fill your heart with His Promises (vv6-8 “I will...” 7xs), Seek His presence (Jer29:11, 13). Always remember that the measure of His love for you is the Cross (Rom8:31-32) and the measure of His power working in you is the resurrection (Rom8:11).
- Choose the Freedom of Forgiveness (Ex6:1): Let go of hatred & revenge (Heb12:15). Let God settle the score (Rom12:17-21). Reflect on the abuser's humanness (Col3:12-13). Extend grace as God has given to you (Eph4:32; Matt18:21-35). Maintain healthy boundaries (Pro4:23; Matt3:8).

Growing Notes

- 1) Read the introduction to this sermon. What does it mean that life is hard? What are some signs of bitterness (Heb12:15)? How good are you at processing the hardness of life and keeping yourself from becoming bitter (Eph4:26-27)? Explain why this is so important.
- 2) When Moses shares God's words and signs with the people, they believe and worship in Hope of liberation (Ex4). However, the response from Pharaoh is not what they expected. God's promises do not seem to match His providence and they are devastated (Ex5). How does Exodus 5 end (see vv20-23)? How does God respond (Read Exodus 6:1-13)? Why did the people of Israel not listen to Moses (v9)?
- 3) What is a broken spirit? Paraphrase Proverbs 18:14 in your own words. Review the five steps of what causes a broken spirit. Why is it so difficult for people with a broken spirit to hear about God's love and care for them? What's the profile of abusers? Why is this important to know?
- 4) Prayerfully walk through the statements of how to heal a broken spirit. Why is this something that everyone needs to do on a regular basis as a way of processing the hardness of life? What part of this process did you find most helpful? What is the profile of healers? Pray that Desert Breeze is a place where people's lives are healed and become whole.