



## Sermon Notes for 03.08.26 ~ Luke 13:31-34

### The Way Around

On **The Way**, you and I claim those life lessons as we journey toward the cross with Jesus!

**This is a challenging scripture passage before us today, so let's get to the heart of how this passage embraces the identity and purpose of Jesus through a warning and a lament.**

#### Warning.

Pharisees “warn” Jesus about Herod Antipas. Jesus will continue to do his work, **“today and tomorrow, and on the third day I will reach my goal.”**

#### Lament.

Jesus laments Jerusalem, the place that stones & kills prophets. Jesus longs to gather the children together as **a hen gathers her chicks** under her wings.

**Were the intentions of Pharisees; destructive, clever fox; and Gospel writer Luke misunderstood?**

Anna Howard Shaw was right: **Christian leaders do need to stand between the “wails” (the cries) [ and even the “whales” (the big things) ] of humanity and the glory of God.**

If you feel like you are being misunderstood, here are some strategies to **develop authenticity**:

- **Identify your core values.** What matters most to you? Family, faith, honesty, creativity, etc. Reflect on moments when you have lived out these core values.
- **Practice self-observation.** Notice when you feel comfortable in your own skin versus those times when you are putting on a mask. Try to let go of others' expectations of you.
- **Align actions with beliefs.** Consider whether your daily decisions reflect your core values. Are you saying “yes” to things which do not reflect your beliefs?
- **Cultivate mindfulness.** Use a journal or use meditation to stay in the present moments recognizing your true self.
- **Embrace vulnerability and imperfection.** Being authentic does not mean being perfect. Share your true self, admit mistakes, and ask for help.
- **Set healthy boundaries.** Being authentic means you may need to say “no” to things which are in conflict with your values & beliefs and drain your energy. Setting healthy boundaries is an act of self-care.

**Benediction Quote** / Brene Brown said, **“Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.”**