

Jesus: Our Promised One

I. Sabbath and Peace (Shabbat Shalom) — The Way It's Supposed to Be (v. 1:31-2:3)

- A. Whole — Uninjured, Undivided, Flourishing, Delighting
- B. Healthy — Well Being with God
- C. Rested — Knowing Our Limits and Knowing God is God and we are not
- D. Available — Knowing God and Being Known by God

In Jesus, we are whole, healthy, rested, and available people
made for the threefold fellowship
of 1) Loving God, 2) Loving Neighbors, and 3) Loving Yourself

II. Getting Lost and the Fall — NOT the Way It's Supposed to Be (v. 3:1-13, 16-19)

A. 10 SURE STEPS TO GETTING LOST

1. "Listen to talking serpents.
2. Lie to your friend about the directions God gave.
3. Trust the devil's promises about shortcuts and greener grass.
4. Let the devil twist your image of God (*as a good parent*) and yourself (*as a beloved child*).
5. Let something you want destroy what you already have.
6. Stay silent when your friend is being poisoned.
7. Try eating the poison yourself.
8. Camouflage yourselves in fig leaves.
9. When help comes—hide.
10. Blame others for your getting lost." - Matt Canlis, *Backyard Pilgrim*

B. The Fall — Left for Dead — Four Results from the Fall

1. Halved — Lost in Brokenness and Sin (v. 7)
2. Unhealthy — Lost in Shame and Blame (v. 10-13)
3. Hurried — Lost in Pain and Toil (v. 16-19)
4. Hidden — Lost in Hiding Behind the Trees (v. 8-9)

III. Restoration and Redemption— The Way of Jesus as the Promised One (v. 3:14-15, 20-21)

- A. **Jesus, the Promised One who is the New, Second, Last, and Ultimate Adam**
(Romans 5:17, 1 Cor. 15:22)
- B. **Jesus, the Promised One** who Restores us from **Brokenness and Sin** to **Wholeness** and Full Life
- C. **Jesus, the Promised One** who Heals us from **Spiritual Immaturity** to **Emotionally Healthy** People
- D. **Jesus, the Promised One** who Ushers us from **Pain and Toil** into True **Sabbath Rest**
- E. **Jesus, the Promised One** who Seeks and Saves us from Being **Lost** to Being **Found**
(Luke 19:10, Rev. 3:20)

IV. Practice and Participation — Following Jesus: the Way, the Truth, and the Life

*Because Jesus reversed the fall,
we get to participate in the practice of
reversing the fall in our every day lives
from now till eternity*

*Lord Jesus, bring us back into the threefold fellowship of
loving God, your neighbors, and yourself!*

Loving God: Practice **Admitting** Your Sin ("What is this that you have done?" v. 13) — I HAVE SINNED AGAINST YOU LORD GOD

- Adam — Halved and Lost in Brokenness and Sin and Losing Wholeness
- Jesus — Restored to Wholeness and Full Life, Flourishing and Delighting

Loving Neighbors: Practice **Forgiving** Others ("Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" v. 11) — I FORGIVE YOU NEIGHBOR

- Adam — Unhealthy, Lost in Shame and Blame, Losing Well Being with God
- Jesus — Healed to Emotional Health and Well Being with God

Loving Yourself: Practice **Receiving** God's Help ("Where are you?" v. 9) — HERE I AM

- Adam — Hurried and Hidden, Lost in Pain, Toil, and Hiding behind the trees, Losing Rest and Availability, Losing the ability to Know God, be known by God, know others, and be known by others
- Jesus — Ushered into True Sabbath Rest and Sought After and Saved so that we may be Found in Christ; Through Christ, we can know God and be known by God; we can know others and be known by others