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SEEKING JESUS

CLASS 15 OF 20 VIDEO COURSE

Visuals With Points To Ponder
To Help You Find Jesus' Principles

TO GUIDE YOU BEFORE JESUS PDF: SCAN THIS OR CLICK

ALL OF THE VISUALS, POINTS TO PONDER AND PRINCIPLES IN THIS PDF CLICK ON THE HYPERHYPERLINKS IN THE SUMMARY AND REVIEW PRINCIPLES, THE 10 WORDS OF THE SAVIOR, JESUS' LESSONS

PLEASE NOTE: If you have questions about this PDF file please contact: jwilton@seekingjesusgroup.com

In this class we will discuss THREE SERMONS from JESUS.

In each case we will see the importance of FOCUSING ON JESUS and on what He can do for us WHEN WE are broken, are struggling, or have problems.

WHEN IT COMES TO SERMONS, WE ARE TO LEARN THE TRUTHS AND THE PRINCIPLES FROM HIS TEACHINGS,

AND APPLY THEM TO OUR OWN LIFE STORY.

Let's begin with the first sermon Jesus gives in Luke. After Jesus had been baptized, tempted, and had performed some miracles in Capernum, he came to his hometown of Nazareth.

We read,

"And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read. And there was delivered unto him the book of the prophet Isaiah. And when he had opened the book, he found the place where it was written,

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to **heal the brokenhearted**, *to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, To preach the acceptable year of the Lord" (Luke 4:16-19).*

You can see that Jesus quotes the first two verses of Isaiah Chapter 61, and now he's about to comment on them.

"He closed the book, and he gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened on him. And he began to say unto them, "This day is this scripture fulfilled in your ears" (Luke 4:20-21).

Imagine being in the synagogue that day and listening to Jesus say in essence,

"These verses are about me. I have come to heal your broken hearts and set you free."

LET'S REFLECT ON THE PHRASE

"HE HATH SENT ME
TO HEAL
THE BROKENHEARTED."

What is it that causes our hearts to break? Our hearts may break when we base our happiness on something other than Heavenly Father and Jesus Christ.

If my happiness is based on money or my job, I'll be heartbroken when the economy takes a downturn.

If my happiness comes from physical ability or beauty, I'll be heartbroken as time inevitably takes its toll.

If my happiness comes from the choices of others, at some point, my heart will break.

So the solution to a broken heart is having a heart filled with God's unfailing love, and that's where Jesus comes in.

The Apostle John wrote,

"God's love was revealed among us in this way:
God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins" (1 John 4:9-10).

CONSIDER

Sometimes it's tempting to fill our hearts with something other than what we need.

Consider the beautiful Laysan Albatross. While it can live for more than fifty years under ideal conditions, many have died because of starvation—even though their bellies were full.

The Laysan Albatross

This bird often mistakes plastic or other objects for food, eats garbage, and then doesn't eat nourishing food because it feels full. In a similar way, we can fill our hearts with many things, but unless they are filled with the love of God, we will be spiritually malnourished. The more we know Jesus, the more we will love him, and the more we will feel his love.

Filling our hearts with God's love is one way that Christ heals our broken hearts.

LET'S TURN TO THE SAVIOR'S FIRST SERMON IN THE BOOK OF MATTHEW
It's called the SERMON ON THE MOUNT, and is probably the most famous of all of Christ's sermons.

The Sermon on the Mount begins with the BEATITUDES. The English word "beatitudes" comes from a Latin word "beatus", which means "blessed" or "HAPPY."

So the phrase "Blessed are the meek" also means "HAPPY are the meek."

The Beatitudes are less of a checklist of things we have to do, and more of what we should be striving TO BECOME. The promise is that as we become the person the beatitudes describe we will be happy. Let's look at the beatitudes—

WHICH ONE MOST STANDS OUT TO YOU?

THE BEATITUDES
What we should BE striving to BECOME

Another message from the Sermon on the Mount is the importance of **focusing on the heart**. Jesus raises the bar on the Law of Moses. He said, "You heard it said of old time that you should do this; but I say unto you," and then he raises the bar by shifting the commandment from the level of actions TO THE LEVEL OF THE HEART!

For example, Jesus alludes to Exodus saying,
"Ye have heard that it was said of them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment of God. But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment" (Matthew 5:21–22).

Now, if you think about it, the phrase *"Whosoever is angry with his brother without a cause"* is a large loophole, because who gets angry without a cause? We always have a cause when we get angry.

Many of the earliest manuscripts of Matthew 5 **DO NOT include the phrase "without a cause."** The Joseph Smith Translation also eliminates this phrase.

When Jesus gave a similar sermon to the Nephites he said,
"Whosoever is angry with this brother shall be in danger of his judgment" (3 Nephi 12:22) and *"He that hath the spirit of contention is not of me, but is of the devil"* (3 Nephi 11:29).

"Don't get angry."
HOW ARE WE DOING WITH THIS?

We will find strength to OVERCOME ANGER as we take responsibility for our emotions and CHOOSE to replace our anger with MERCY, one of the LORD'S BEATITUDES.

Remember that THE WORD BEATITUDE can remind us that **the LORD is teaching us what a HOLIER "ATTITUDE" would infact "BE".**

LET'S TURN TO ANOTHER OF THE SAVIOR'S SERMONS TO LEARN WHAT HE SAYS ABOUT WORRYING.

ALL OF US WORRY AT TIMES.

In fact, worry might be one of Satan's greatest weapons to destroy our peace. Jesus taught, *"Do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today"* (Matthew. 6:34, NSRV).

He also said, *"Do not worry about your life..."* (Matthew 6:25).

Christ then says, *"Can any of you by worrying add a single hour to your span of life? Why do you worry…? Do not worry."*
(Matthew 6:28-31).

Again and again the Savior says... don't worry.

Of course we should be prepared for the future, **but we don't need to worry about it.** We love what President Monson taught, "Life by the yard is hard; by the inch it's a cinch. Each of us can be true for just one day—and then one more and then one more after that."

We want to be clear that as we're discussing worry, we're NOT talking about clinical depression or anxiety. We are talking about the normal, but still significant worries that plague many of us.

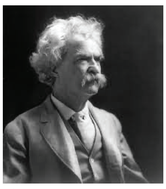
MOST THINGS
WE WORRY ABOUT DON'T HAPPEN

Worries are REAL, but we ALSO TAKE COMFORT in the fact that psychological studies show that most things that we worry about don't happen.

As Mark Twain is reported to have said:
"I have been through some terrible things in my life, some of which actually happened."

In other words, **he was worried about a lot of things that didn't happen.**

WE OVERESTIMATE how likely it is that the thing we are worried about will happen.



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Even when bad things happen to us, the result often isn't as bad as we might worry. Researchers found that across a variety of negative events (like being a victim of violent crime, serious illness, financial problems, etc.) that between 3-6 months after the negative event, most people reported equal levels of happiness as they had before the event occurred.

The bottom line from dozens of psychological studies is that we generally...

(1) overestimate how likely it is that the thing we are worried about will happen,
(2) overestimate how devastated we will be by future negative events, and
(3) underestimate our ability to bounce back should the thing we are worried about actually occur. **All these skewed estimations increase our worry.**

we OVERestimate WHAT WE ARE WORRIED ABOUT MIGHT **HAPPEN!**

we OVERestimate HOW DEVASTATED WE WILL BE **BY** FUTURE NEGATIVE **EVENTS.**

we UNDERestimate! OUR ABILITY TO BOUNCE BACK IF THE THING DOES OCCUR.

PONDER THIS

Let's take the Savior's invitation: "DO NOT WORRY!"
As we focus on him, we will find peace.

When Elder LeGrand Richards, an Apostle who lived to be 96 years old was asked the secret to his long life, he said the answer was found in this poem:

For every worry under the sun
There is a remedy or there is none
If there be one, hurry and find it
If there be none, never mind it.

IN OTHER WORDS. . .

This advice can be particularly helpful when our worries concern things we cannot control, **such as the choices made by our loved ones.** You can't control what your parents, siblings or others choose to do.

TRY AND REMEMBER THE SAVIOR'S WORDS - DO NOT WORRY.

Sometime in the next 48 hours you might be in a challenging, stressful situation. If so, we hope you'll say, **"This is just like the LORD'S SERMON" and you will STAY OUT of worry mode and TURN TO Him in prayer.**

SEEKING JESUS

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all to help **F I N D** Jesus' Principles

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