

# KESSID SERMON NOTES



## Sermon

"Your Story Matters"

## Date

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## Speaker

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**Paul describes a process of spiritual development or growth like this:**

*(vs) Eph. 4:22-24 – "You were taught with regard to your former way of life, to put off you old self, which is being corrupted by its deceitful desires, to be made new in the attitude of your minds, and to put on the new self, created to be like God in true righteousness and holiness."*

**Taking off Old, Renewing your Mind, Putting on New.**

- I have become absolutely convinced that most often it is our lack of emotional wholeness, that impairs our pursuit of holiness. The Bible is filled with examples.
- Our stories are about where we have been, how we grew up, what we experienced.
- Those stories inform how we live later in life. They are pervasive and influence how we relate to ourselves, others, and God. We bring our baggage into the Kingdom with us!

*(vs) Heb. 12:1: "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us".*

**We drag our unresolved hurts behind us.**

- We all have stories, some are filled with more trauma than others. But we never escape having a story. They influence our choice of relationships, career, partners, lifestyle, struggles, and our spiritual development and maturity.
- I believe we either know, understand, and accept our stories or they live themselves out through us, again and again. And an untold story cannot heal.
- Due to our wounds and trauma, these lessons and skills are resistant to change.
- The most powerful form of learning is observational, it has been said that children will forget what they have been told, but they will never forget how they felt. We learn best by watching.
- This has been happening for a long time: A Bible Story: Abraham & Isaac; (vs) Gen.12:10-13 / 26:7

## **Where did he learn that?**

- This is an example of the sins of the fathers. (vs) Ex.34:6,7
- Thinking leads to feeling which leads to doing/behaving.
- We struggle to “put off the old”, even as we desire deeply the new.

## **Childhood for many of us leave behind Holes & Piles in the landscapes of our lives.**

- The Holes: Unmet Needs
  - We struggle to get them met.
  - We run toward things; unhealthy pursuits.
- It is why many enter the helping professions, we give to others what we needed for ourselves.
- The Piles: Unresolved Hurts
  - We struggle to get them resolved.
  - We run from things; unhealthy avoidance.
- Since the beginning of the Bible story, God has been working to redeem the Garden.

*(vs) Hebrews 12:1 – “Throw off everything that hinders”, “take off the old.”*