

August 27, 2023

## Supply Lines: Friends and Heart Healers (John 20:1-10)

*Learn how to grow trust and experience authentic community.*

### Hook – Supply Lines (3min)

- Greetings and Connect Card
- SL Summary
  - o Time of massive loneliness – almost half of America. Taking a huge toll on mental and physical health. Worse than smoking 15 cigarettes a day.
  - o Relational support (Supply Lines) make all the difference. Seek it out and strengthen it.
  - o Last week – Encouraging Tail Kickers – **got both that evening from my daughters!**
- Our day – lost trust and community.
  - o *You can learn how to grow trust and experience authentic community.*

### Prayer

### John – A Beloved Disciple in Authentic Community (5min)

- **\*Basic info**
  - o Beloved disciple – this is his identity! (not loved more than others)
  - o Was a disciple of John the Baptist before following Jesus.
  - o Son of Thunder (Mark 3:17) – formerly brash but became quieter (rare to hear John’s voice in Gospels or Acts)
  - o Did not get out of the boat when Peter did (Matt 14)
  - o Saw Jesus transfigured (Matt 17)
  - o His brother James was martyred by Herod (Acts 12)
  - o A pillar of early church (Acts 3-4, Gal 2)
- Two stories (amongst so many) – both post-resurrection.

- **\*John 20:1-10** (p.901)

<sup>1</sup> Early on Sunday morning, while it was still dark, Mary Magdalene came to the tomb and found that the stone had been rolled away from the entrance. <sup>2</sup> She ran and found Simon Peter and the other disciple, the one whom Jesus loved. She said, “They have taken the Lord’s body out of the tomb, and we don’t know where they have put him!”

<sup>3</sup> Peter and the other disciple started out for the tomb. <sup>4</sup> **They were both running, but the other disciple outran Peter and reached the tomb first.** <sup>5</sup> He stooped and looked in and saw the linen wrappings lying there, but he didn’t go in. <sup>6</sup> Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, <sup>7</sup> while the cloth that had covered Jesus’ head was folded up and lying apart from the other wrappings.

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<sup>8</sup> Then the disciple who had reached the tomb first also went in, and **he saw and believed**—<sup>9</sup> for until then they still hadn't understood the Scriptures that said Jesus must rise from the dead. <sup>10</sup> Then they went home.

- A little competitive!
- The moment John believed in Jesus as the Lord – more than a Teacher.

- **\*John 21:20-25**

<sup>20</sup> Peter turned around and saw behind them the disciple Jesus loved—the one who had leaned over to Jesus during supper and asked, “Lord, who will betray you?” <sup>21</sup> Peter asked Jesus, “What about him, Lord?”

<sup>22</sup> Jesus replied, “If I want him to remain alive until I return, what is that to you? As for you, follow me.” <sup>23</sup> So the rumor spread among the community of believers that this disciple wouldn't die. But that isn't what Jesus said at all. He only said, “If I want him to remain alive until I return, what is that to you?”

<sup>24</sup> This disciple is the one who testifies to these events and has recorded them here. And we know that his account of these things is accurate.

<sup>25</sup> Jesus also did many other things. If they were all written down, I suppose the whole world could not contain the books that would be written.

- John had gone to the lake with Peter – a good friend.
- WE know (v.24) – John wrote the Gospel in community with others.
- The Beloved Disciple was part of Beloved Community.

- **\*You can learn how to grow trust and experience authentic community.**

## Heart Healers (7min)

- Find your Friends and Heart Healers and spend a lot of time with them!
  - The good, flourishing life is more than work-ism, academics, or accomplishments.
- **\*Heart Healers help you personally experience God's love.**
  - No one has ever seen God. But if we love each other, God lives in us, and his love is brought to full expression in us. 1 John 4:12 NIV
  - “God works through many means to reach us (nature, books, sometimes even supernatural experiences), but His primary means is through each other. We carry Christ to one another.” James Bryan Smith
  - “I need the Christ that is in you, and you need the Christ that is in me.” Dietrich Bonhoeffer
  - *Time with Heart Healers reminds you that you are a child of God who is allowed to play, laugh, and make mistakes (and then get made fun of for them).*
- **\*Heart Healers sit in the sadness with you.**
  - John 20 – they were grieving together (not alone).

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- In the animated movie *Inside Out*, five key human emotions are represented as characters: Joy, Sadness, Anger, Fear, and Disgust. Joy always wants things to be happy and sometimes ignores the pain others feel. A different character, Bing-Bong, has lost everything important to him. Joy tries to distract him, cheer him up, and make him feel happy. None of her efforts work. Then Sadness sits down beside him, asking to hear more about his pain. Joy is upset that Sadness is focusing on sad things, but the way of Sadness works. She listens, he cries, and she gently touches his hand. He expresses his emotions then feels better.
    - Sadness allowed him to share without shame—we all need that.
  - Pastors are not exempt from the pain of life – in fact they feel it more than others.
    - The same goes for all of us as followers of Jesus.
    - *A lot of crap is dumped into the outhouse. Empty it or you will overflow and have an unpleasant problem.*
  - **\*Heart Healers allow you to experience authentic community.**
    - I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me. **John 17:21**
    - John experienced Christ-centered community.
      - John helped build a new community in the early church.
      - John helped form and lead another community of faith – wrote his letters and Gospel with them.
    - Community is something you participate in more than talk about.
    - **Community isn't always comfortable.**
    - **Community is almost never convenient.**
    - **Community requires commitment.**
- *You are made for authentic community – seek out support and grow trust.*

## A Spiderweb of Support (5min)

- **\*BRIDGES –**
  - Bridges are made to connect people. Bridges are made with support systems – those can erode over time due to elements (salt, heat, water), collisions (cars or boats), or disasters.
  - In 1989, a major earthquake caused the upper level of the Bay Bridge to collapse. It was rebuilt with greater support. More support makes all the difference.
  - Bridges all around the world have been failing because for years their support systems went unchecked. **Support requires updates.**
  - The same thing is happening in the lives of leaders and people – but you can rebuild.
- **\*SUPPORT CARD**
  - Goal is to have a spiderweb of support – if one strand breaks, the whole thing doesn't fall.

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- John had corporate, group, and individual support (FOUR CIRCLES).
- *Seem like too much? Don't you want extra support on that bridge? The bridge with more support can be used in bigger ways.*
- **Write down your people and groups – who and when.**
  - Groups, Teams, Church worship and events
- Inner circles take TRUST.
  - Why not everyone is ready to do mentoring or a monthly meeting.
  - You can grow trust, though. It takes time but it is worth it.
  - *It is very hard for pastors to trust. People rarely see pastors as people (we are a position, and that is an important position). Pastors have been burned. Pastors have a job that is constantly evaluated and critiqued – almost no one has their job evaluated by their friends.*
    - *I work hard to help pastors find places to trust and be vulnerable.*
    - **Friendships won't work without appropriate vulnerability. (p.119)**
  - *If I can get pastors to be willing to trust again – I know I can get you to as well!*
- **\*Learn how to grow trust and experience authentic community.**

## How to Grow Trust and Great Friendships (8min)

- *Close friendships are not a given – they are grown. (p.136)*
- **\*Share experiences and have fun.**
  - *CS Lewis – friendship begins when two people are both looking at something with joy and say to each other, “What, you like that too?”*
  - Pursue hobbies, have fun, and be part of events.
  - This is why churches have events on the calendar, and Life Groups, and more.
  - Say YES and make **time** to connect.
  - **INVITE others into the community of faith.**
- **\*Share your heart.**
  - You can share experiences and not build trust – I saw that happen on a lot of sports teams I played on.
  - Signals to the other person you trust them.
  - Don't overshare. Wait for the trust to be returned.
  - Most friendships have a sharing “cap.” Don't force it.
  - The more friends you have, the greater chance of finding a few really close friends.
- **\*Share faith.**
  - Sharing values grows trust to a deeper level. Genuine faith matters.

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- “Show me your friends, and I will show you your future.” Bayside Church saying.
- “It is almost impossible to live the right life with the wrong friends.” Craig Groeschel

## PUNCH – Jackie Robinson (5min)

- \*Jackie Robinson was the first black man to play major league baseball. Breaking this barrier in baseball, he faced jeering crowds in every stadium. While playing one day, the fans began to ridicule him, and it grew even worse when he committed an error. He stood at second base, humiliated, while the fans jeered. Then, shortstop Pee Wee Reese came over and stood next to him. He put his arm around Jackie and faced the crowd. The fans grew quiet. Robinson later said that arm around his shoulder saved his career.
  - *We all need that arm around our shoulder.*
- David – when pandemic came – we need to meet twice a month (I think I will be fine...I wasn't) // later stories where I wasn't thinking straight...yeah...you may want to think more about that...
- Our world is staggering in loneliness because we have chosen work and accomplishment over community.
  - We refuse to pay the cost for community...
  - We are paying for that in health – depression, anxiety, and heart disease.
  - Also, and ironically, we are paying for it in lost productivity – work-ism leads to less effective work!
- **\*Learn how to grow trust and experience authentic community.**
  - **Barns are best filled before the famine. p.129**
  - **WILL YOU?**

### Prayer

Benediction – Col 2:7

- Life Groups
- Crisis and Dark Night

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