

OPERATION

Allowing the Great Physician to Work in Our Life



Broken Pieces of Peace

These four pieces may look like four silly pieces of plastic on an *Operation* game board, but each one points to something very real in our emotional life



We know what it's like to feel pulled apart



We know what it's like to have a broken heart



We know what it's like to have too much going on inside

And we know what it's like to feel those butterflies of fear and anxiety



The Wishbone — Division



The wishbone is something that is pulled apart or broken in an attempt to gain control

We get pulled apart by arguments, competing desires, and the need to have things our way

"If a house is divided against itself, that house cannot stand." – Mark 3:25

Division breaks our peace because we're spending our energy pulling against one another instead of walking together



The Broken Heart — Disappointment



The broken heart may be the easiest one for us to understand



Disappointment is a wound that many people carry quietly. Sometimes we don't even talk about it. We just learn to live with the ache

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." – Psalm 34:18

Your disappointment may have broken your heart, but it has not pushed you away from God. God meets us right there in the brokenness

The Spare Rib — Clutter



Our lives can become cluttered in many ways

Overcommitment, work, relationships,
bitterness, materialism, guilt, noise, distractions

Eventually, the clutter begins to
crowd out what matters most

Sometimes finding peace isn't
about adding one more thing
to our lives. Sometimes it's
about letting some things go

*You are worried and
upset about many things,
but few things are
needed—or indeed only
one. — Luke 10:41-42*



Butterflies in the Stomach — Worry



The physical fluttering feeling in your stomach is often our body's response to fear and anxiety.

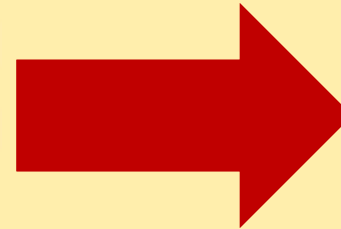
And worry has a way of stealing our peace before the thing we're worried about ever happens

Can any one of you by worrying add a single hour to your life? – Matthew 6:27

Worry promises to prepare us for tomorrow, but most of the time it simply robs us of today



Four Pieces, Four Problems



**Four distinct pieces. Four different problems.
But they all have one serious result: broken peace**

How do we fix it?

On hearing this, Jesus said to them, "It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."

Mark 2:17

Misguided Medicine

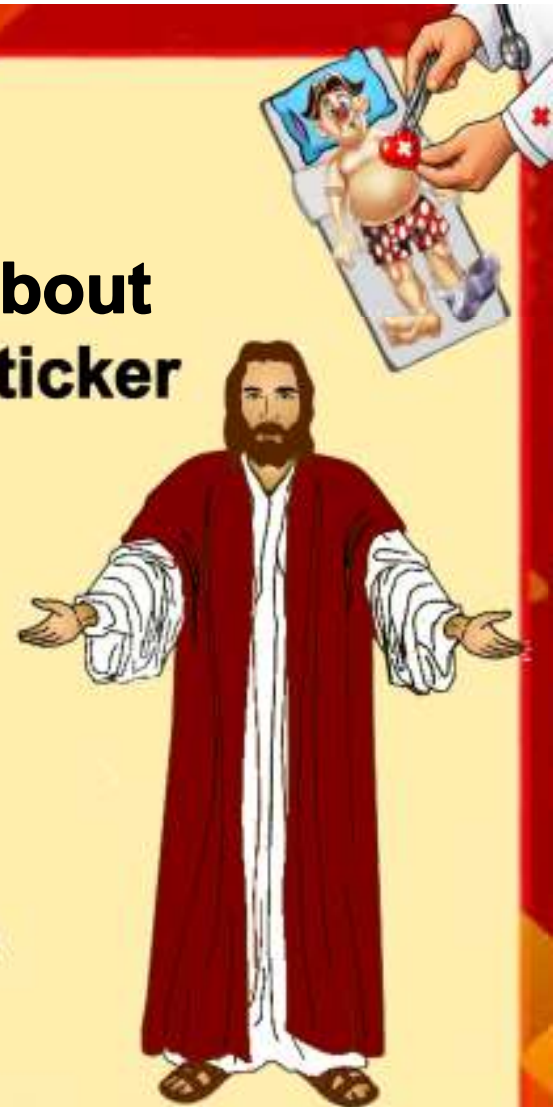
Unfortunately, much of our spiritual advice about emotions goes about as deep as a bumper sticker

“Be strong and courageous.”

“I can do all things through Christ.”

“My grace is sufficient.”

That is Satan's trap, instead of bringing our brokenness to Jesus, we start hiding it from everyone, including Jesus



The Prescription for Peace



“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28–30

**Come broken and weary,
not happy and free**

**Take my yoke and connect through a shared relationship
Learn from me and walk through life with me**

TRYING TO
FIX YOURSELF
BY YOURSELF

The Prescription for Peace

It's a simple choice, carry my own baggage or share the load

Division, disappointment, clutter, and worry.

And the truth is, we're going to experience these things. Jesus never promised us a life without emotional baggage

We can keep carrying it ourselves. Trying to fix it, control it, hide it, or simply learn to live with it





YOU DON'T HAVE TO
CARRY IT ALL
BY YOURSELF

