

LIFE LESSONS - Making It Live

David Welsh | "On the Road Again" | Luke 24:13-35 | April 23-24

Depression

Share how when something has caused you to be depressed, you feel negative about EVERYTHING. Do you think that the two believers walking from Jerusalem to Emmaus the Sunday after Christ's crucifixion were depressed? What reasons did they think that they had for feeling low? We all get depressed once in a while - not necessarily clinical depression, but everyone has periods of ups and downs. **Discuss** what it takes to change your focus when you are depressed.

Discouragement

What causes you to be discouraged? A lot of us can become very discouraged when things don't go according to our expectations. That is what happened to these two; things did not go according to expectations. What did they expect from Jesus? Share what you expect from Jesus. Be alert! **Discuss:** Satan will try to discourage you even to the point of not seeing how God is working in your life. Share how we can fight discouragement with joy in the Lord. The joy of the Christian life should be reflected in our faces. What do you think your countenance reflects?

Sensitivity

What can you do when a friend or loved one is depressed? Sympathize? Join them in their misery? Jesus LISTENED. Share how you can just listen, just be there without offering your opinion or your solution to the problem. Jesus walked for hours with these two and let them unburden themselves by sharing their dashed hopes, their fears, and their confusion before he began to explain the scriptures concerning Himself to them. **Discuss** how you can make a concentrated effort to be a good listener to one who is discouraged?

Hope

What is your hope for tomorrow? What is your hope for eternity? The two on the road to Emmaus hoped that Jesus would rid them of Roman oppression. Instead He explained to them that, according to God's plan and prophecy, He came to provide eternal salvation. **Discuss** what you think triggered their recognition of Jesus. Can you share what triggered your recognition of Jesus as your Lord and Savior? Share how your hope is in the assurance of your salvation.

Witnessing

How long has it been since you rushed to tell someone that Christ is alive and what He does every day for you? What did these two do when they recognized Jesus? They returned to Jerusalem and sought out other followers of Jesus to share the good news: The Lord has risen! Do you think they returned with the same walking rate and depressed attitude that they experienced from Jerusalem to Emmaus? No way! I am sure that they practically ran joyously all the way back to Jerusalem. Discuss how we can have that burning desire to share the Good News. **Discuss:** If you do have that desire, you can't keep quiet!

Written by Ed Hooper