



Matthew 16:18 | SCRIPTURE  
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The Church is Not You, Its Us | SERMON

Jesus is building the Church (Matt 16:18)  
Jesus loves the Church (Ephesians 5:25)  
Jesus died for the Church (Ephesians 5:25)  
The Church is Jesus' bride (2 Corinthians 11:2; Revelation 21:2,17)  
The Church is the body of Jesus (Colossians 1:8)  
The Church is the family of God (Ephesians 2:19)

A local church is an assembly. If a church never assembles, it is not a church at all.

2 extremes that are focused on self:

Extreme need for attention  
Absolutely no need for fellowship and community because you have it already

Hebrews 10:25

Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching.

Worshipping Jesus together at church is powerful.

Matthew 18:20

"For where two or three are gathered together in My name, I am there in the midst of them."

Believers were baptized and added to the church.

Acts 2:41

Those who believed what Peter said were baptized and added to the church that day—about 3,000 in all.

Acts 2:47

And the Lord added to the church daily those who were being saved.

Some stats:

More frequent churchgoers had a 55% reduction of all-cause mortality risk compared with non-churchgoers. (Vanderbilt University)

NOTES



Religiously active older adults tend to have lower blood pressures than those who are less active. This applies to attendance at religious services and private religious activities, but not to religious media. (The International Journal of Psychiatry in Medicine in 1998)

A 14-year study shows that regular religious service attendance is associated with 50% lower divorce rates in later life. (Human Flourishing Program at Harvard University) <https://hfh.fas.harvard.edu/news/human-flourishing-program-releases-new-study-divorce>

“Researchers at Duke University Medical Center have shown that people who regularly attend religious services appear to have a healthier immune system than those who don't.” Duke Study: Attending Religious Service May Improve Immune Status | Duke Health

Physical presence is the key, where online presence could be deceiving and superficial

Emanuel - God with us.

Dealing with Church Hurt

Getting hurt at the church doesn't mean your focus was on people and not on God.

The church is a community of believers who are not all on the same plane with maturity. Sin and misunderstanding is bound to happen.

Also, there is a DEVIL who seeks to use the sin of others to blindside and shipwreck our faith.

Churches have never been perfect, Jesus is busy trying to perfect the church.

Church hurt can happen because of:

- Our own faults
- Sins committed against us
- Failed leadership

Offended people get hurt everywhere.

John 6:66

“From that time many of His disciples went back and walked with Him no more.”

Some people in church are evil and cause evil.

John 6:70-71

“Jesus answered them, “Did I not choose you, the twelve, and one of you is a devil?” He spoke of Judas Iscariot, the son of Simon, for it was he who would betray Him, being one of the twelve.”

Not all leaders are shepherds, some are wolves.



John 10:12

"But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them."

not everyone at church has a good intent!

Acts 20:29

"For I know this, that after my departure savage wolves will come in among you, not sparing the flock."

If church hurt involves misunderstanding, understanding will solve it.

If it involves intentional abuse, staying away from that environment will help.

Don't let church storm shipwreck your faith.

1 Timothy 1:18-19

"This charge I commit to you, son Timothy, according to the prophecies previously made concerning you, that by them you may wage the good warfare, having faith and a good conscience, which some having rejected, concerning the faith have suffered shipwreck,"

Don't get blindsided with the issues that you forget prophecies, promises, purpose God has for you.

Keep your faith in God even when you lost faith in people.

6 Practical steps to overcome church hurt:

1. Go to God in prayer. Get God's perspective on the situation.
2. Deal with personal offense and sin. It's easy to see the sin in others, it's harder to deal with sin in ourselves.
3. Confront the offender. We are better at talking about the person who hurt us than talking to them (Mt 18:15).
4. Confide in a faithful friend! But please don't fall for gossip. If the issue is not resolved, get someone else to help you navigate the situation.
5. Forgive the person who hurt you. Don't harbor bitterness, it will make things worse for you.
6. If the person who caused the hurt doesn't repent and the church leadership didn't deal with the offender properly, it might be wisest to find a different church.