

*Sanctuary in
Jesus*

Week 4

Extension Work

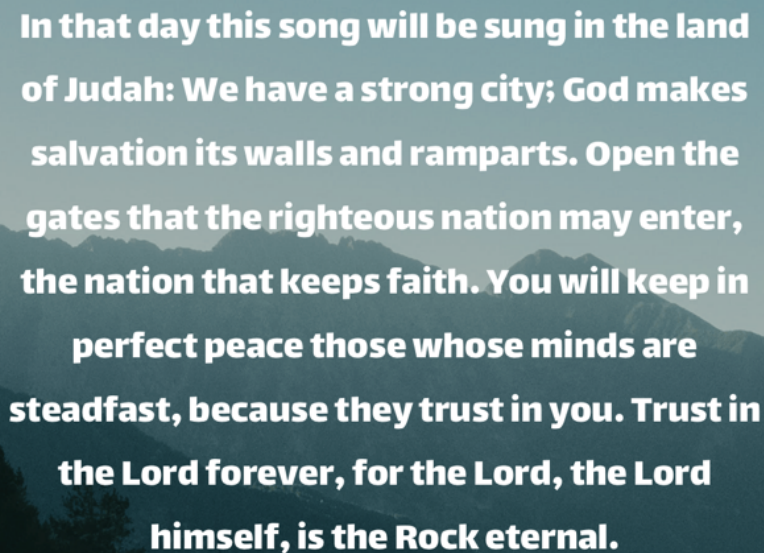
Eternal Christ

- John 1:1-3
- Philippians 2:5-11
- 2 Peter 3:8
- Psalm 24:1-2

Your turn:

Read the verses above.

How does the eternal nature of Christ impact your fear of death?



In that day this song will be sung in the land of Judah: We have a strong city; God makes salvation its walls and ramparts. Open the gates that the righteous nation may enter, the nation that keeps faith. You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.

Isaiah 26:1-4

Rock of Ages

In ancient Israel, the most famous stronghold was a mountain fortress on the western shore of the Dead Sea, known today as Masada. It was named from the ancient Hebrew word *metsad*, meaning mountain fortress.

Masada is a large rock plateau, rising almost 1,500 feet above sea level. In addition to the natural protections of its mountainous setting, Masada was augmented by Herod the Great.

Excavations of the site have revealed its fortifications: the top is surrounded by a 13-foot high casement wall, and inside are courtyards, porticos, swimming pools, and storerooms; a throne room and royal living spaces; an apartment building and homes for staff; cisterns that would have gathered more than 10 million gallons of rainwater; and a first century synagogue.

In other words, Masada was a well-equipped Sanctuary, a place of safety and retreat, and a sight to behold!

Better than any manmade structure, the mountainous rock long predated the people who sought refuge in it. No doubt, those who entered into its ancient walls felt protected and safe. They received relief from knowing it was an impregnable fortress. They experienced the peace of mind that comes from being hidden in the rock.

Sound familiar?

There is a very old hymn written by Augustus Toplady in 1776 called “Rock of Ages” (listen here: <https://tinyurl.com/4ay9twtt>).

What more could we possibly add?

Jesus is our “Rock of Ages” our eternal Sanctuary we desperately need.

Your turn

Jesus predates every earthly thing; He’s eternal. Those who enter into His protection are safe; He is the impregnable fortress. Hidden in Him, we have peace, He is our peace.

How does the eternity of Christ make you feel safe and secure?

Few last points from Part 2:

Practical considerations when responding

Location

Consider your location. Is the place the conversation started suitable to continue it in?

Are you both comfortable in the location? Is it quiet or noisy? Is there a concern about being overheard? Are you somewhere you both feel safe and observable? Are there dependents that need support? Is there a time limit that is causing stress?

If not, where do you need to be to best have this conversation? Would movement help you regulate your emotions and stay calm? Do you or the speaker need a drink or comfort break?

Addressing these type of issues is a useful check in, and demonstrates care and consideration for your speaker.

Healthy split

When entering into a conversation of this type many people are surprised to discover the balance of listening and speaking drastically alters. Normal, reciprocal conversations

usually see listening and speaking ratios are closer to even between the two people.

When a speaker is raising objections, the balance shifts hard over and the onus is on the listener to take on the majority of the listening/understanding/supporting role. A healthy balance in these kinds of conversations look like this:

- 70% Listening
- 15% Processing
- 5% Speaking
- 10% Checking in

Serial objections

Early conversations with people objecting to faith are often characterised by antagonistic questions and a “whack-a-mole” flow of objections i.e. every time one objection is answered, another one pops up, almost by reflex, with little or no reflection in between.

This can be frustrating. If you begin to feel piqued, frustrated, or irritated, or any other emotion, pause a moment and decide if you can return to the servant watchman mindset or if you need to exit the conversation.

Do bear in mind, even people genuinely seeking answers may need to express their barriers and frustrations before

they can begin to respond to the new information. While their emotions are their responsibility, many people do not know how to do this work and may benefit from co-regulating off of you. This makes it even more important that you can do your own emotional work.

If you are not sure if they truly want to know but are struggling with big emotions or if they are simply baiting you, try asking them this question: “If I could prove it to you, would you believe?” A “yes” means they’re open, a “no” means they are not truly open to new information, and you would do best to positively exit the conversation.

Prayer focus

Praise Jesus, the Rock of Ages, the One who was, and is, and is to come. Thank Him for loving you and inviting you to be part of His eternal kingdom. Pray for opportunities to share that same precious invitation with the people around you, all the way to heaven.

Preparation for next week:

We invite you to watch episode 7: Invitations of season 5 of The Chosen: Last Supper on [Amazon Prime](https://watch.thechosen.tv/) or the web <https://watch.thechosen.tv/>