

# FROM DEPRESSION TO MISSION

— LUKE 24:13-35 —



## **Sermon Overview**

Jesus and Jesus alone can lift up our sagging spirits and set us free from the fear that shackles our life. Jesus came not only to do this, but to redeem us eternally, forgiving our sins when we repent, and assuring us of eternal life with Him in Heaven.

In Luke 24:13–35, we are presented with two of Jesus’ disciples who were in utter hopelessness, but found that the resurrected Jesus can take us from depression to mission.

*<sup>13</sup> Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem.*

*<sup>14</sup> They were talking with each other about everything that had happened.*

*<sup>15</sup> As they talked and discussed these things with each other, Jesus himself came up and walked along with them;*

*<sup>16</sup> but they were kept from recognizing him.*

*<sup>17</sup> He asked them, “What are you discussing together as you walk along?”*

*<sup>18</sup> They stood still, their faces downcast. One of them, named Cleopas, asked him, “Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?”*

*<sup>19</sup> “What things?” he asked.*

*<sup>20</sup> “About Jesus of Nazareth,” they replied. “He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him;*

*<sup>21</sup> but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place.*

*22 In addition, some of our women amazed us. They went to the tomb early this morning*

*23 but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive.*

*24 Then some of our companions went to the tomb and found it just as the women had said, but him they did not see."*

*25 He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken!*

*26 Did not the Christ have to suffer these things and then enter his glory?"*

*27 And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.*

*28 As they approached the village to which they were going, Jesus acted as if he were going farther.*

*29 But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.*

*30 When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.*

*31 Then their eyes were opened and they recognized him, and he disappeared from their sight.*

*32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"*

*<sup>33</sup> They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together*

*<sup>34</sup> and saying, "It is true! The Lord has risen and has appeared to Simon."*

*<sup>35</sup> Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.*

These two disciples had witnessed the crucifixion of Jesus, and had lost their hope, dreams, and future along with Him on the cross. They had walked with Jesus and placed their hope in Him as their Messiah, but in their depression, they had forgotten His promises to rise on the third day. They were so immersed in the suffering of the cross, that they failed to remember the promise of the resurrection.

Jesus and Jesus alone can lift up our sagging spirits and set us free from the fear that shackles our life. Jesus came not only to do this, but to redeem us eternally, forgiving our sins when we repent, and assuring us of eternal life with Him in Heaven.

Jesus does not only heal our depressions, but He gives us a mission for life. The episode on the road to Emmaus illustrates how:

## **JESUS CHALLENGED THEIR FALSE REASONING**

Some Jewish traditions held that the soul hovered around the dead person's body for three days before departing. These two disciples had left Jerusalem on the third day, having given up hope for a resurrection. Jesus appeared to challenge their reasoning, so that they would give up the mythological speculation of their ancestors in order to realize that the cross was the only road to the

power of the resurrection.

## **JESUS CORRECTED THEIR PARTIAL INFORMATION**

Partial information leads to wrong conclusions. In verse 25, Jesus rebukes the disciples for failing to understand Scripture:

*<sup>25</sup> He said to them, “How foolish you are, and how slow of heart to believe all that the prophets have spoken!*

*<sup>26</sup> Did not the Christ have to suffer these things and then enter his glory?”*

Jesus told His disciples to understand and believe the whole truth about Jesus, as revealed through the Holy Bible: that He is the only one who can save you eternally.

## **JESUS EXCHANGED THEIR DEPRESSION WITH A MISSION**

*<sup>30</sup> When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them.*

*<sup>31</sup> Then their eyes were opened and they recognized him, and he disappeared from their sight.*

*<sup>32</sup> They asked each other, “Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?”*

*<sup>33</sup> They got up and returned at once to Jerusalem. There they found the Eleven and those with them, assembled together*

*<sup>34</sup> and saying, “It is true! The Lord has risen and has appeared to*

*Simon.”*

*<sup>35</sup> Then the two told what had happened on the way, and how Jesus was recognized by them when he broke the bread.*

When you invite the Resurrected Jesus as the only Savior and Lord of your life, He will take over over and transform you, bringing His victory to your defeated life.

Once the two disciples recognized Jesus, they moved from fear to courage, and from depression to mission. They had to deliver the good news and tell others that they had seen the risen Christ.

Jesus is not the founder of a religion, He is the creator God. The founders of all other religions are dead in their tombs, but Jesus rose from the dead never to die again.

Throughout Scripture God promised to send Jesus to save those who believe:

*The woman's offspring who crushes the serpent's head – **Genesis***

*The suffering servant – **Isaiah***

*The branch of righteousness – **Jeremiah***

*The fragrant shade-giving plant – **Ezekiel***

*The stone not cut with hands that shatters the nations – **Daniel***

*The growing lily – **Hosea***

*The hope of all people – **Joel***

*The plowman who overtakes the reaper – **Amos***

*The deliverance upon Mount Zion – **Obadiah***

Will you come to Jesus in repentance and trust in His promises?