



The Journey
Week of 10.17.10

Is Jesus the Only Life?

By Sarah Leimer

I know her...that woman in the bible in [Mark 5:21-34](#). Although we did not live during the same era, suffer the same affliction, share a meal or even a conversation, I easily recognize myself in her struggle for life-giving restoration and her all-out effort to receive this blessing from Christ. While her story shows how her faithfulness healed her broken body, mine is a story of how my struggle to cling to my faith has restored my broken and dying heart to life.

I am only recently beginning to emerge from some of the darkest days of my own history. Days where I felt hopeless and lost; forgotten by God; desperate to believe that He had more planned for me than just suffering. Although I believed that someday things had to eventually improve, for so long it only felt as if things were getting worse; I felt as if there was no life in my life.

I know what it feels like to be desperate for rescue, desperate for hope, desperate for life. Like the woman in the Bible, I too know what it feels like to throw myself toward Christ when all feels lost in a desperate all-or-nothing effort to be restored by the healer. He is the only one who can restore life where there was once death, isolation, ashes, hopelessness and grief. I know this from experience. Although I'm not fully healed yet, I'm on my way.

After all I have been through I still believe in miracles, despite the fact I did not see displayed the one for which I desperately prayed. The absence of this miracle brought forth agonizing heartbreak. After a time, I began to recognize and understand that throughout all of my struggles, I had been gifted with a new life. I developed a deeper perspective, a greater value for my blessings and new eyes to see all of the miracles that did take place surrounding my situation.

It has been a long, slow, and often painful journey. I am still in the process of moving forward day by day. However, I recognize within my heart a new whisper of hope that was not there before. This hope continues to deepen and as it grows, it is restoring my belief in possibility, in God's promises over my life, and especially strengthening my faith and trust in God. Things in my life are far from perfect, but I now have hope where I once only had despair.

Jesus is the healer of my broken heart, the restorer of hope to my soul. He has returned the life to my breath and is developing streams in my once desert landscape of a heart. I'm here today on this side of my struggle to share that while trusting him with my heart and my hurts has not been easy, it has been absolutely life giving.

"Go forth today, by the help of God's Spirit, vowing and declaring that in life---come poverty, come wealth, in death---come pain or come what may, you are and ever must be the Lord's. For this is written on your heart, "We love Him because He first loved us."

~ Charles H. Spurgeon

(You are encouraged to use the SOAP – Scripture, Observation, Application and Prayer Method for a guide. Click [here](#) to read more about developing your devotional life. Click [here](#) for an example SOAP journal entry. If you don't own a Bible, pick up "The Story of God" Bible available for free at the Welcome Center in our atrium.)

monday, 10.18.10

Read: [John 14](#)

tuesday, 10.19.10

Read: [Ephesians 2](#)

wednesday, 10.20.10

Read: [Psalm 73, Matthew 5:43-48](#)

thursday, 10.21.10

Read: [Romans 7:7-8:4](#)

friday, 10.22.10

Read: [Revelation 7](#)

If you don't already receive weekly email notification about The Journey, click [here](#) to sign up.

grow (resources to help you in your study)

- **Sunday's Sermon:** Click [here](#) for podcast, or here for [video](#) (*Be sure to check out the "Bonus Session" sermon video for 10/17 entitled Is Jesus the Only Way?*)
- Article: [Why Muslims Follow Jesus](#)
- **book:** [Reasons for God](#) by Timothy Keller
- **book:** [The Case for Faith](#) by Lee Strobel
- **book:** [Warranted Christian Belief](#) by Alvin Plantinga
- **book:** [Mere Christianity](#) by C. S. Lewis
- **book:** [Jesus Among Other Gods](#) by Ravi Zacharias

go (action steps)

- **prayer?** Please send us an email by clicking [here](#)
- **care?** Do you need to talk with someone? Please call us at 913.341.5820 ext. 330
- **go**—Sign up to serve: email Lisa Zulke by clicking [here](#)
- **grow**—Join a small group, a 1:1 spiritual mentorship, or find about the many other [ways to grow](#)
- **give**—click [here](#) to make an online gift to Heartland and learn how you can set up recurring gifts

Small Group/ 1:1 Question Samplers:

1. Have you ever struggled because it seems all the non-believers have all the fun?
2. Are you challenged by the fact that many non-believers lead better lives seemingly than you?
3. What kind of life does your belief system logically call you to? If you believe in 'the survival of the fittest', for example, then does this lead you to show compassion to the poor?
4. How are you being challenged to live out the way, truth, and life of Jesus in your life today?