



Christ's Common Words and
their Uncommon Significance.

CLASS 5:
“WHAT IS YOUR NAME?”

**HYDE PARK & SOUTHERN VALES
SPECIAL WEEKEND 2024**



“hello my name is Chris... and I am a sinner.”



But I am also... called, redeemed, forgiven, chosen, blameless, sanctified, justified, born again, loved, an ambassador of Christ, reconciled... → a child of God!

Survey Says! (42 responses)

Have you experienced any of the following? (Check all that apply)

- a. Anxiety. (61%)
- b. Depression. (71%)
- c. Bipolar Disorder. (8%)
- d. Post-Traumatic Stress Disorder. (18%)
- e. Schizophrenia. (0%)
- f. Eating Disorders. (26%)
- g. Disruptive behaviour and dissocial disorders. (5%)
- h. Neurodevelopmental disorders. (13%)
- i. Other. (21%)
- j. I'd prefer not to answer this question. (5%)

When you experience mental health issues, what do you do? (Check all that apply)

- a. Keep it to myself – no one understands me. (25%)
- b. Tell my very closest friends. (65%)
- c. Tell my parents. (5%)
- d. Tell a teacher or trusted adult. (0%)
- e. Look for help online. (10%)
- f. Call a community-based helpline. (3%)
- g. Get professional help in person. (30%)
- h. Other. (33%)
- i. I'd prefer not to answer this question. (3%)

Legion – the context → the disciples faithlessness & fear!

Luke 8:22-27 Now it came to pass **on a certain day**, that he went into a ship with his disciples: and **he** said unto them, Let us go over unto the other side of the lake. And **they** launched forth. But as **they** sailed **he** fell asleep: and there came down a storm of wind on the lake; and **they** were filled with water, and were in jeopardy. And **they** came to **him**, and awoke **him**, saying, Master, master, **we** perish. Then **he** arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm.

25 And **he** said unto **them**, Where is **your** faith? And **they** being afraid wondered, saying one to another, What manner of man is this! for **he** commandeth even the winds and water, and they obey him.

26 And **they** arrived at the country of the Gadarenes, which is over against Galilee. And when **he** went forth to land, there met him out of the city **a certain man**



Legion meets Jesus

Lu 8:27 And when he went forth to land, there met him out of the city a certain man, which had a demon long time, and **ware no clothes**, neither **abode in any house**, but **in the tombs**.

28 When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, **What have I to do with thee, Jesus**, thou Son of God most high? I beseech thee, **torment me not**.



We are Legion without Christ!

- ✓ Naked → Revelation 16:15 Blessed is he keeps his garments, lest he walk naked...
- ✓ Not in the house → 1Timothy 3:15 behave in the house of God, which is the ecclesia
- ✓ Walking dead → Ephesians 2:1 ...who were dead in trespasses and sins...
- ✓ Want no part of him → Romans 7:24 O wretched man that I am!

Legion – “What is your name?”

Luke 8:29-39 (For he had commanded the unclean spirit to come out of the man...

And Jesus asked him, saying, What is your name?

And he said, **Legion**: because many demons were entered into him.

Then went the demons out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake...

Then they went out to see what was done; and came to Jesus, and found the man, out of whom the demons were departed, **sitting at the feet of Jesus, clothed, and in his right mind**: and they were afraid.

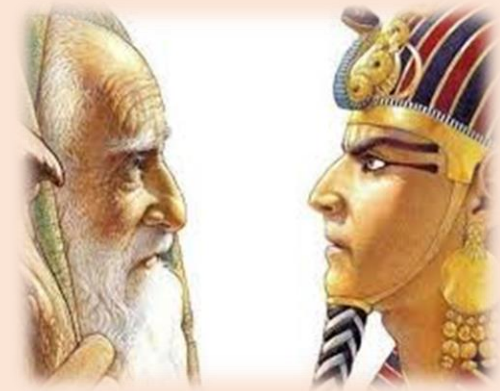
Return to thine own house, and **shew** how great things God hath done unto thee.

Implications:

- ✓ Acknowledge your issues, face your fears, name them!
- ✓ Know that God is more powerful than them all, and can heal you.
- ✓ Come to Jesus, find forgiveness, and peace of mind.
- ✓ Stay in the Ecclesia, and Share/Preach → inside & out!



Lessons from the healing of Legion



- Dealing with demons → cp Moses and gods of Egypt (Exodus 7 to 12)
 - He did not explain that the gods of Egypt didn't exist, he just demonstrated that Yahweh was more powerful!
- Demons = idols = false gods → 1 Corinthians 8:4-6; 10:19-21
 - Mental or physical illness attributed to false gods/idols (Luke 11:15)
- Elijah and Job also suffered from mental illness & trauma
 - Suffering from mental health issues does NOT mean you are weak spiritually!



Did Legion get a new name?
Perhaps "Heis" which means 'ONE' (John 17:21)

Handling Mental Health Issues

- 1. Reach Out to a Healthcare Professional:** Start by talking to your primary care doctor. They can provide an initial assessment and refer you to a mental health specialist, such as a psychologist or psychiatrist.
- 2. Seek Support from Trusted Individuals:** Share your feelings and experiences with trusted friends or family members. They can offer emotional support and help you find resources.
- 3. Educate Yourself:** Learn about mental health conditions and their symptoms. Understanding what you're experiencing can help you communicate more effectively with healthcare providers and support networks.
- 4. Join Support Groups:** Consider joining a support group for people with similar experiences. These groups can provide a sense of community and shared understanding.
- 5. Develop a Self-Care Routine:** Incorporate activities that promote mental well-being into your daily routine, such as exercise, meditation, and hobbies. Self-care is an important part of managing mental health.

The Mental Fitness Toolkit



Movement



Nutrition



Rest



Connection



Mindset



Purpose



Focus



Appreciation



Reframing



Perspective

APF

What is your name?

- Moses asked this of God! (Exodus 3:13)
 - His Name “Yahweh” encompasses His character, purpose and glory!
- Exodus 33:18 And Moses said, I beseech thee, shew me thy **glory**.
- 19 And he said, I will make all my **goodness** pass before thee, and I will proclaim the **name** of the LORD before thee; and will be gracious to whom I will be gracious, and will shew mercy on whom I will shew mercy.
- Exodus 34:5 And the LORD descended in the cloud, and stood with him there, and proclaimed the **name** of the LORD.
- 6 And the LORD passed by before him, and proclaimed, The LORD, The LORD God, **merciful** and **gracious**, **longsuffering**, and **abundant in goodness and truth...**



Implications:

✓ Name = Character



Names in scripture!

Jacob vs Israel - Genesis 32:24-28

- And Jacob was left alone; and there wrestled a man [an angel] with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.
- And he [the angel] said, Let me go, for the day breaketh. And he [Jacob] said, I will not let thee go, except thou bless me.
- And he [the angel] said unto him, **What is your name?** And he said, Jacob.
- And he said, Thy name shall be called no more **Jacob**, but **Israel**: for as a prince hast thou power with God and with men and hast prevailed.

heel-catcher (i.e. supplanter)

Which one are you?

power with God



Names in scripture!

a hollow rock, a cave
(from a word
meaning to curve)

- Simon Peter (Cephas) John 1:42
- And he brought him to Jesus. And when Jesus beheld him, he said, Thou art **Simon** the son of Jona: thou shalt be called **Cephas**, which is by interpretation, A **stone**. ➤ **Petros – a piece of a rock**
- Mark 3:16 And Simon he surnamed **Peter**; ➤ **Like a nickname (pet-name)**

Do you hear the voice of the Master?
Are you listening?
Do you want to be a piece of the Rock?
Can others put their trust in you?
What is the Lord's nickname for you?



Names in scripture!

Sons of Boanerges Mark 3:17

- And James the son of Zebedee, and John the brother of James; and he surnamed them Boanerges, which is, The sons of thunder:
- Cp. Luke 9: 54-56 And when his disciples James and John saw this, they said, Lord, wilt thou that we command fire to come down from heaven, and consume them, even as Elias did?
- But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of. For the Son of man is not come to destroy men's lives, but to save them. And they went to another village.



What nickname have you
been given?
What is your reputation?

Boanerges = Hebrew: “Ben” + “Regaz”.

Literally – ‘Son of Violent Anger or Fury’ (Daniel 3:13 Neb)
“Thunder” – to roar! John 12:28-29 “The people therefore,
that stood by, and heard it, said that it thundered...”

conclusion

- Shepherd knows his sheep... by name!
- John 10:3 ... the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out.
- John 20: 15-16 Jesus saith unto her, Woman, why weepest thou? whom seekest thou? She, supposing him to be the gardener, saith unto him, Sir, if thou have borne him hence, tell me where thou hast laid him, and I will take him away.
- Jesus saith unto her, **Mary.**
- She turned herself, and saith unto him, Rabboni; which is to say, Master.
- Isaiah 43:1 But now thus saith the LORD that created thee, O Jacob, and he that formed thee, O Israel, Fear not: for I have redeemed thee, **I have called thee by thy name; thou art mine.**



- YOUR ACTION PLAN:



- What ‘demons’ am I struggling with? Have I acknowledged them?

- What can I do to get help to ‘cast them out’?

- What is my reputation? Does it need to change?

- When I get home I am going to: _____



Let us pray

Father, you see us as we truly are – you know our downsitting and our uprising. You know us better than we know ourselves.

Help us to honestly see ourselves as you see us – to purge the evil and cling to the good. May people see your characteristics reflected in our lives.

Redeem us, cloth us, save us – help us to develop the mind of the Spirit. Help us to cast out the thinking of the flesh. Give us your peace, that we may have true peace of mind.

We want your name on our foreheads. We want our names written in your Book of Life – please do whatever is necessary to get us there.

Thank you for calling us by name in your son, and for all you have done to heal us. Thank you for giving us your family name.

In the saving name of your son, the Lord Jesus Christ, Amen