

Heartburn: A Welcome Thing for the Troubled

Luke 24:13-32

Heartburn is bad. But in this story, Luke 24:13-32, heartburn is positive: **from dashed hopes to a burning in the heart.**

This is a moment of dashed hopes for many. The virus.

- From China, David Chen recently wrote, “4 Phases of Emotion in a Pandemic”
 - The 4 Phases: Fear -> Isolation -> Helplessness -> **Hopelessness**

The disciples: “But we had hoped...” (24:21). Dashed hopes!

(1) Heartburn. “Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?” (24:32)

- A light bulb moment? Yes, but more. It stirred the passions!

(2) Suffering followed by glory

- “Was it not necessary that the Christ should suffer these things and enter into his glory? And beginning with Moses and all the Prophets [The Old Testament]...” (24:26-27)

- The “suffering” part was the hardest to understand. We’re talking about *crucifixion* here, not hard knocks.
- What did Jesus reveal to them from the Scriptures they already knew?

But our dashed hopes and the disciples’ dashed hopes are so different... where do we go with this?

Questions for Application and Reflection

- 1) The 4 Phases of Emotion in a Pandemic: Fear -> Isolation -> Helplessness -> Hopelessness
 - a. Does this resonate with you? If you find yourself on this path, how can you break the progression? For instance, how can you stop isolation from occurring? Pray about this. Talk to someone about it and any plan you might need to make.
- 2) For your heart: is it worth your time to try to understand God’s Word—even the Old Testament? Whatever your answer, does your schedule and life reflect this? What should you do?
- 3) One Bible question: what does Genesis 3 have to do with Jesus’ suffering? Discuss.