

## “Keep Breathing”

### Triage - Pt. 1

#### SMCC

#### Sermon-Based Questions

1. Are you the kind of person who prepares for emergencies or are you not?
  2. Read Philippians 3:4-6 and Acts 22:2-5. How did Paul describe himself before Jesus? What had he built his life on?
  3. Read Acts 9:1-19. What do you think this experience was like for Paul? In what ways was it a spiritual emergency?
  4. Have you ever had a spiritual emergency? What was the experience like?
  5. What did you have to grieve from that emergency? What valuable and meaningful things did you lose as a result of it?
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**QUESTION:** “What do you do when you discover the **TRUTH** you built your life on is a **LIE**?”

The first step in an emergency is to **KEEP BREATHING**.

**Philippians 3:4–6** though I myself have reasons for such confidence. If someone else thinks they have reasons to put confidence in the flesh, I have more: **5** circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; **6** as for zeal, persecuting the church; as for righteousness based on the law, faultless.

**Acts 22:2–5** Then Paul said: **3** “I am a Jew, born in Tarsus of Cilicia, but brought up in this city. I studied under Gamaliel and was thoroughly trained in the law of our ancestors. I was just as zealous for God as any of you are today. **4** I persecuted the followers of this Way to their death, arresting both men and women and throwing them into prison, **5** as the high priest and all the Council can themselves testify. I even obtained letters from them to their associates in Damascus, and went there to bring these people as prisoners to Jerusalem to be punished.

**Acts 9:1–9** Meanwhile, Saul was still breathing out murderous threats against the Lord’s disciples. He went to the high priest **2** and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem. **3** As he neared Damascus on his journey, suddenly a light from heaven flashed around him. **4** He fell to the ground and heard a voice say to him, “Saul, Saul, why do you persecute me?” **5** “Who are you, Lord?” Saul asked. “I am Jesus, whom you are persecuting,” he replied. **6** “Now get up and go into the city, and you will be told what you must do.” **7** The men traveling with Saul stood there speechless; they heard the sound but did not see anyone. **8** Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus. **9** For three days he was blind, and did not eat or drink anything.

**Acts 9:10–19** In Damascus there was a disciple named Ananias. The Lord called to him in a vision, “Ananias!” “Yes, Lord,” he answered. **11** The Lord told him, “Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying. **12** In a vision he has seen a man named Ananias come and place his hands on him to restore his sight.” **13** “Lord,” Ananias answered, “I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem. **14** And he has come here with authority from the chief priests to arrest all who call on your name.” **15** But the Lord said to Ananias, “Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel. **16** I will show him how much he must suffer for my name.” **17** Then Ananias went to the house and entered it. Placing his hands on Saul, he said, “Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit.” **18** Immediately, something like scales fell from Saul’s eyes, and he could see again. He got up and was baptized, **19** and after taking some food, he regained his strength. Saul spent several days with the disciples in Damascus.

We don’t know how to not be **COMMITTED**.

We desire **TRUTH**, but we’re afraid of committing to a **LIE**.

#### **How to Keep Breathing in a Spiritual Emergency**

1. Eat Well
2. Exercise
3. Rest
4. Avoid Making Rash Decisions
5. Grieve

**Philippians 3:7–9** But whatever were gains to me I now consider loss for the sake of Christ. **8** What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things.

**GOSPEL TRUTH:** Jesus committed to **DEATH** so that you could commit to **LIFE**.