

LUKE Lesson 69

The Disciples on the Road to Emmaus (Luke 24:13-35)

18 October 2019

Three days after the Lord's death and burial His disciples had lost all hope, fallen into a deep depression, and were no longer trusting what He had told them about His resurrection. The lesson today will examine the causes of spiritual depression and then give you steps to recover from that fall so you can rise above that depression and begin rejoicing in the Lord once again.

THE CAUSE OF SPIRITUAL DEPRESSION

1. **CIRCUMSTANCES.** The circumstances of Jesus' arrest, trial, crucifixion, and burial caused His disciples to focus on those temporal events and they lost sight of what the Lord had said (their eyes were holden, vs 16). They didn't know the Lord intimately anymore; He was a stranger to them.
 - a. The Devil will get you involved with the passing affairs of this life in a subtle attempt to estrange and alienate you from the Lord Jesus Christ.
 - b. You haven't rejected the Lord, but He's no longer included in the events of your day to day life.

2. **A DIMINISHED VIEW OF JESUS CHRIST.** Before the Lord Jesus was crucified, the disciples honored Him greatly as their Lord, Master, Savior, King, and Redeemer. Now they have reduced Him to "a prophet" (vs 19).
 - a. Many Christ rejecters agree that Jesus was a great prophet. We ought to hold Him in a much higher esteem than the unbelievers of this world.
 - i. He is still everything you used to think He was.
 - ii. When you stop filling your heart and mind with the word of God, you'll stop walking with the Lord Jesus. Pretty soon, your estimation of the Lord Jesus will be reduced, and He will cease to hold the primary place in your heart and life.

3. **A DISTORTED VIEW OF THE DIVINE PURPOSE AND CONTROL.** The disciples gave credit to the chief priests and the rulers for causing the death of the Lord Jesus (vs 20). They didn't take into account that the Lord laid down His own life according to the divine purpose and will of God (Jn 6:38, 10:17-18).
 - a. Christians ought to view all their circumstances in view of God's purpose for our life.
 - i. Sickness, injury, and loss of a loved one. (*What is God trying to show you?*)
 - ii. Inconveniences and accidents. (*Did God save you from a worse fate?*)
 - iii. Start looking for the hand of God in all your circumstances.
 - b. Peter understood this principle. He said Jesus was "**delivered by the determinate counsel and foreknowledge of God**" (Acts 2:23). Men did the dirty deed, but it was ordained by God.
 - i. Instead of saying "I did this," "He did that," "She caused the accident," etc., we ought to first consider whether God was the One in control of those things for a specific purpose.

4. **A FAILURE TO BELIEVE THE WORD OF GOD** (Lk 24:25-26). Jesus told these men exactly what was going to take place in Jerusalem (Mt 12:40, 17:22, 20:18-19, 26:2, 24, Lu 24:6-7). He was very specific about His death, burial, and resurrection, but they didn't believe Him (Mt 16:21-22, Mk 8:31-32).
 - a. Do you believe what the Lord Jesus told you in His word?
 - i. He said, **"I go away, and come again unto you"** (Jn 14:3, 28, Acts 1:11).
 1. Are you living your life expecting the Lord to return at any moment?
 - b. Do you let your circumstances affect whether or not you believe on a daily basis?
 - i. If you stand on the word of God, your situations won't change your level of faith.
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THE ROAD TO RECOVERY

1. **GET IN THE LORD'S PRESENCE AND POUR OUT YOUR HEART TO HIM.** (Prayer)
 - a. Tell Him about your feelings, your difficulties, your failures, and your troubles.
 - i. Don't withhold anything from the Lord.
 - b. Be honest with Him.
 - i. If you want the Great Physician to fix what's broken, you'd do well to tell Him exactly where it hurts.
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2. **GET BACK TO THE HOLY SCRIPTURES** (Vs 27). (Bible reading)
 - a. You've got to read your Bible every day! Read the Bible like you're hungry for God's truth. (Remember when you first got saved?)
 - b. Look for Jesus Christ in every chapter
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3. **MAKE JESUS CHRIST PART OF YOUR HOME CIRCLE** (Vs 29). (Fellowship)
 - a. They asked Jesus to abide with them.
 - b. If the only time you're fellowshiping with the Lord is when you're in church, that's not enough to get you through the week. You need to ask the Lord to abide in your home and spend some quality time with Him there.
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4. **MEET THE LORD IN THE BREAKING OF BREAD** (Vs 30). (Communion, Lord's Supper)
 - a. The disciples "knew Him" when He broke the bread. There is an intimacy involved in the memorial of the Lord's Supper.
 - i. How close do you want to be with your Lord? You can walk with him and be just as blessed by His presence today as those two disciples were after their spiritual recovery.
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