

GROW: Breakthrough

Scripture used: [Matthew 27:64-66](#)

OVERVIEW

Pastor Hurmon opened this lesson by praying for the families and victims of the San Jose VTA mass shooting that happened on May 26th, 2021. NBCC is here for you and the communities within and surrounding San Jose, as we move in faith through this tragedy. This lesson titled "Breakthrough" is part of the "Grow" series and it continues to emphasize Jesus' crucifixion on the cross and the empty tomb of His resurrection. These two events were in close proximity, and in this reality of pain, grief, and injustice - and the victory of the resurrection - we find that God has some lessons to teach about how He can drive growth in your life and in the lives of others. Ultimately, that is what this entire series is about: finding God in the midst of darkness, through perseverance, and in the reality of Jesus's resurrection.

KEY POINTS

- 1) In [Matthew 27:64-66](#), the enemies of Jesus are talking to Pilate, Jesus has been crucified and his enemies are concerned with the fact that Jesus said he would get up from the dead in three days. This text recalls few images we have looked at in this message series. First, we remember the image of the seed to remind us that God plants hope in the midst of darkness. The second image we remember is of Jesus's tomb that comes from the stone that was rolled away, a reminder that in all our lives we find ourselves engaging in challenges that are unmovable and yet God works with us through our challenges to facilitate growth.
- 2) Outside of Jesus's tomb, there were guards protecting the tomb to make sure that nobody went inside the tomb and that no one would be allowed out of the tomb. The guards were there to prevent people from any kind of inspection that would lead to greater discovery. Without self examination, we don't get to discover the breakthroughs, the miracles that we long to appear in our lives.
- 3) Pastor Hurmon shares a story about his great aunt who would hesitate to clean out her shed because she was scared of what she might find. This hesitation is similar to when we hesitate to examine our interior lives, because we are afraid we might come across some hidden trauma. Hidden trauma is pain and heartbreak from the past that we haven't let ourselves fully heal from. Some of us don't want to deal with self examination because it is too painful. But, by taking the time to do the hard work of dealing with our hidden traumas, we are making room for breakthroughs to occur in our lives.
- 4) Another thing that prevents us from examining our inner lives is the fear of encountering mistruths or distortions. One of these revelations we often encounter is, "I am not as good as I think I am." We are afraid that our deficits will be exposed and people won't like us anymore. Yet we can't let ourselves become hostages to that fear. We must embrace God's grace and humbleness to realize that we all have some growing to do.
- 5) Another revelation that we often encounter when we examine our trauma is, "I am not as bad as I think I am." In [Matthew 28:1](#), Mary Magdalene realized that she isn't as bad as she thinks she is - she isn't beyond the scope of God's grace and forgiveness. Mary Magdalene and Mary approached the tomb expecting to find only death; instead, they encountered a surprising source of life. By not being afraid to approach the tomb, these women ended up experiencing a breakthrough!

DISCUSSION

- 1) **HEAR** - In previous messages within this series, we have learned that in order to grow, we have to examine our interior lives. How has reflecting on the challenges and obstructions within your life changed your perspective of growth? What are the mistruths or distortions that you are most likely to tell yourself that you often don't challenge or examine?
- 2) **UNDERSTAND** - There are some soldiers standing around the perimeter of your life, your psychological, your spiritual life that keep you from doing the hard work of deep self examination. God is saying it's time to do the work of examining what lies beneath your everyday life. What tends to impede your ability to reflect on life? Is it busyness, or fear, or something else?
- 3) **DO** - Respond to this week's message by praying this prayer throughout your week, "God help me to face my hidden traumas and mistruths." See you next Sunday!