



JOHN 7 STRESS BUSTERS: LIFE HACKS FROM JESUS

INTRO

From Chapter 6, John's gospel has taken a turn – crowds are leaving and people are attacking Jesus.

In John 7, Jesus experiences cynicism from family, hostility from people and aggression from the religious leaders – the whole chapter is a mix of disbelief, debate and division – the pressure is on!

- Before the feast: Disbelief (vv. 1-10)
- During the feast: Debate (vv. 11-36)
- After the feast: Division (vv. 37-52)

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STRESS BUSTER 1:

“You go to the festival. I am not going up to this festival, because my time has not yet fully come.” (v. 8)

“At this they tried to seize him, but no one laid a hand on him, because his hour had not yet come.” (v. 30)

STRESS BUSTER 2:

“For even his own brothers did not believe in him.” (v. 5)

“Among the crowds there was widespread whispering about him. Some said, ‘He is a good man.’ Others replied, ‘No, he deceives the people.’ But no one would say anything publicly about him for fear of the leaders.”

(vv. 12-13)

“‘You are demon-possessed,’ the crowd answered...” (v. 20)

“Stop judging by mere appearances, but instead judge correctly.” (v. 24)

“So Jesus answered them, ‘My teaching is not mine, but his who sent me.’” (v. 16, ESV)

“The one who speaks on his own authority seeks his own glory; but the one who seeks the glory of him who sent him is true, and in him there is no falsehood.” (v. 18, ESV)

STRESS BUSTER 3:

“On the last and greatest day of the festival, Jesus stood and said in a loud voice, ‘Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them.’ By this he meant the Spirit, whom those who believed in him were later to receive. Up to that time the Spirit had not been given, since Jesus had not yet been glorified.” (vv. 37-39)

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