

## Luke 24:36-53 (NASB77)

<sup>36</sup> And while they were telling these things, He Himself stood in their midst. <sup>37</sup> But they were startled and frightened and thought that they were seeing a spirit. <sup>38</sup> And He said to them, "Why are you troubled, and why do doubts arise in your hearts?" <sup>39</sup> " See My hands and My feet, that it is I Myself; touch Me and see, for a spirit does not have flesh and bones as you see that I have." <sup>40</sup> [ And when He had said this, He showed them His hands and His feet.] <sup>41</sup> And while they still could not believe *it* for joy and were marveling, He said to them, " Have you anything here to eat?" <sup>42</sup> And they gave Him a piece of a broiled fish; <sup>43</sup> and He took it and ate *it* before them. <sup>44</sup> Now He said to them, " These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled." <sup>45</sup> Then He opened their minds to understand the Scriptures, <sup>46</sup> and He said to them, " Thus it is written, that the Christ should suffer and rise again from the dead the third day; <sup>47</sup> and that repentance for forgiveness of sins should be proclaimed in His name to all the nations, beginning from Jerusalem. <sup>48</sup> "You are witnesses of these things. <sup>49</sup> "And behold, I am sending forth the promise of My Father upon you; but you are to stay in the city until you are clothed with power from on high." <sup>50</sup> And He led them out as far as Bethany, and He lifted up His hands and blessed them. <sup>51</sup> And it came about that while He was blessing them, He parted from them. <sup>52</sup> And they returned to Jerusalem with great joy, <sup>53</sup> and were continually in the temple, praising God.

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In verse 38, Jesus speaks of troubles and doubts arising in our hearts. Our hearts are also a place for anxiety and worry to take up residence. The verses on the next page identify verses in the Gospels where those four words are used; worry, anxiety, doubt and trouble. Use the insights you gain from these verses to fill in the chart found on page 3. As you complete the chart be sure to jot down any ways that you can protect and shield your heart from these infectious attitudes.

Verses 46-49 capture the Great Commission that Jesus left his church. On page 4 you will find assembled the five key passages that comprise the Great Commission of Jesus Christ. As you examine the verses look for common ingredients that flow across all five passages.

Mt 2:3	And when Herod the king heard it, he was <b>troubled</b> , and all Jerusalem with him.
Mt 6:25	" For this reason I say to you, do not be <b>anxious</b> for your life, as to what you shall eat, or what you shall drink; nor for your body, as to what you shall put on. Is not life more than food, and the body than clothing?
Mt 6:27	"And which of you by being <b>anxious</b> can add a single cubit to his life's span?
Mt 6:28	"And why are you <b>anxious</b> about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin,
Mt 6:31	"Do not be <b>anxious</b> then, saying, 'What shall we eat?' or 'What shall we drink?' or 'With what shall we clothe ourselves?'
Mt 6:34	"Therefore do not be <b>anxious</b> for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.
Mt 10:19	" But when they deliver you up, do not become <b>anxious</b> about how or what you will speak; for it shall be given you in that hour what you are to speak.
Mt 13:22	"And the one on whom seed was sown among the thorns, this is the man who hears the word, and the <b>worry</b> of the world, and the deceitfulness of riches choke the word, and it becomes unfruitful.
Mt 14:31	And immediately Jesus stretched out His hand and took hold of him, and •said to him, " O you of little faith, why did you <b>doubt</b> ?"
Mt 21:21	And Jesus answered and said to them, "Truly I say to you, if you have faith, and do not <b>doubt</b> , you shall not only do what was done to the fig tree, but even if you say to this mountain, 'Be taken up and cast into the sea,' it shall happen.
Mk 4:19	and the <b>worries</b> of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful.
Mk 11:23	" Truly I say to you, whoever says to this mountain, 'Be taken up and cast into the sea,' and does not <b>doubt</b> in his heart, but believes that what he says is going to happen, it shall be granted him.
Mk 13:11	" And when they arrest you and deliver you up, do not be <b>anxious</b> beforehand about what you are to say, but say whatever is given you in that hour; for it is not you who speak, but it is the Holy Spirit.
Mk 14:33	And He •took with Him Peter and James and John, and began to be very distressed and <b>troubled</b> .
Lk 1:12	And Zacharias was <b>troubled</b> when he saw him, and fear gripped him.
Lk 1:29	But she was greatly <b>troubled</b> at this statement, and kept pondering what kind of salutation this might be.
Lk 6:18	who had come to hear Him, and to be healed of their diseases; and those who were <b>troubled</b> with unclean spirits were being cured.
Lk 8:14	"And the seed which fell among the thorns, these are the ones who have heard, and as they go on their way they are choked with <b>worries</b> and riches and pleasures of this life, and bring no fruit to maturity.
Lk 12:11	"And when they bring you before the synagogues and the rulers and the authorities, do not become <b>anxious</b> about how or what you should speak in your defense, or what you should say;
Lk 12:22	And He said to His disciples, " For this reason I say to you, do not be <b>anxious</b> for your life, as to what you shall eat; nor for your body, as to what you shall put on.
Lk 12:25	"And which of you by being <b>anxious</b> can add a single cubit to his life's span?
Lk 12:26	"If then you cannot do even a very little thing, why are you <b>anxious</b> about other matters?
Lk 21:34	" Be on guard, that your hearts may not be weighted down with dissipation and drunkenness and the <b>worries</b> of life, and that day come on you suddenly like a trap;
Lk 24:38	And He said to them, "Why are you <b>troubled</b> , and why do <b>doubts</b> arise in your hearts?
Jn 11:33	When Jesus therefore saw her weeping, and the Jews who came with her, also weeping, He was deeply moved in spirit, and was <b>troubled</b> ,
Jn 12:27	" Now My soul has become <b>troubled</b> ; and what shall I say, ' Father, save Me from this hour'? But for this purpose I came to this hour.
Jn 13:21	When Jesus had said this, He became <b>troubled</b> in spirit, and testified, and said, "Truly, truly, I say to you, that one of you will betray Me."
Jn 14:1	" Let not your heart be <b>troubled</b> ; believe in God, believe also in Me.
Jn 14:27	" Peace I leave with you; My peace I give to you; not as the world gives, do I give to you. Let not your heart be <b>troubled</b> , nor let it be fearful.

	<b>Effect on my heart</b>	<b>Ways to protect my heart</b>
<b>Worry</b>		
<b>Anxiety</b>		
<b>Doubt</b>		
<b>Trouble</b>		

## The Great Commission

Through His teachings, Jesus made it clear that His mission was to continue after He ascended. Each of the Gospels and Acts contains an account of His mandate to His followers, telling them to go to all the world, make disciples, baptize them, and preach the gospel ([Matt. 28:19-20](#); [Mark 16:15-16](#); [Luke 24:46-49](#); [John 20:21-22](#); [Acts 1:8](#)). Jesus assumed that the church would reach out beyond itself. This commission made a dramatic change in the emphasis of mission. Instead of looking to foreigners to come to Jerusalem as did the Old Testament, the church's mission is to go into all the world and not wait for the world to come to it. Not just selected prophets like Jonah but all the believers were to go and tell what they had seen with others.

The scope of mission was inclusive. The church was to cross all barriers—to reach out to all ethnic groups, clans, tribes, social classes, and cultures. The message of salvation was to be shared with all people everywhere.

The new disciples were to be baptized and taught. The purpose of the teaching was to do more than share information. It was to provide nourishment in the faith as well. Since the Great Commission is a mandate, the church is expected to be obedient. Even so, it does not have to do the job alone. Christ has promised that He will be with the church until “the end of the world.” With this assurance, the church was obedient, for the gospel was presented first in Jerusalem ([Acts 1-8](#)), then in Samaria ([Acts 8-12](#)) and finally to all the world ([Acts 13-28](#)).

Holman Bible Dictionary.

<p><b>Matthew 28:19-20 (NIV)</b>  <sup>19</sup>Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."</p>	<p><b>Mark 16:15-16 (NIV)</b>  <sup>15</sup>He said to them, "Go into all the world and preach the good news to all creation. <sup>16</sup>Whoever believes and is baptized will be saved, but whoever does not believe will be condemned."</p>
<p><b>Luke 24:46-49 (NIV)</b>  <sup>46</sup>He told them, "This is what is written: The Christ will suffer and rise from the dead on the third day, <sup>47</sup>and repentance and forgiveness of sins will be preached in his name to all nations, beginning at Jerusalem. <sup>48</sup>You are witnesses of these things. <sup>49</sup>I am going to send you what my Father has promised; but stay in the city until you have been clothed with power from on high."</p>	<p><b>John 20:21-22 (NIV)</b>  <sup>21</sup>Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you." <sup>22</sup>And with that he breathed on them and said, "Receive the Holy Spirit."</p>
<p><b>Acts 1:8 (NIV)</b>  <sup>8</sup>But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."</p>	
<p><b>Common Ingredients:</b></p>	