



Transcript for Audio Teaching: [Module 6: Rest—Renew—Reorient](#)

Hi! This is Stacey. I want to welcome you to the audio lesson for Module 6 from my study journal called *Deconstruction: Your Journey in Faith*. If you have not yet purchased your copy, you can find it on Amazon. Each section has an accompanying audio file on my website, which is ClarityUnleashed.com. There you will also find opportunities to connect with me for personal coaching. I am also offering an online “small group style” coaching program utilizing the study journal. Without further delay, let’s explore Module 6: Rest—Renew—Reorient.

Faith deconstruction doesn't mean we go off-grid. We are still on the map. Even when we do not clearly see Him, God sees us. If we look, we find Him on The Way. I found that I could feel distanced from the church yet feel closer than ever to the Holy Spirit. Module 6 addresses what I hope will become part of your ongoing journey. Here, we stop along the way, reflect on our experience, lament and grieve our losses, rest our bodies, and renew our minds. Module 6 emphasizes the fact that our spiritual formation, our deconstruction, is a lifelong faith journey. As we evaluate our faith and traditions, we gain perspective and make choices that move us farther along. Our faith journey is contemplative, but also full of action. Throughout this process we notice the power of inclusion and exclusion. We will take a look in this module at a powerful passage that helps us consider both.

In Luke 4, Jesus announces Himself as the Messiah in a place that one would think He would be welcomed. It is a shocking and heartbreaking story, and one that we might be able to identify with. Sometimes those closest to us, our friends, family members, and church members, are the ones that hurt us the most.



¹⁶ When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, ¹⁷ and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

¹⁸ “The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,

¹⁹ to proclaim the year of the Lord’s favor.”

²⁰ And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. ²¹ Then he began to say to them, “Today this scripture has been fulfilled in your hearing.”

Jesus chooses to read from Isaiah 61:1-2 which prophesizes the coming of the Messiah.

Following His reading, Jesus declares that this Scripture and prophecy has been fulfilled. Jesus is boldly announcing that He is the anointed Son of God who will work in the margins of society to bring about the Lord’s favor. Do not miss the fact that if you were in that synagogue, you were now faced with a choice. Would you look at Jesus and choose to believe He is the Son of God? Would you believe Him or choose to disbelieve Him?

Jesus is in the place we might think He is most welcome. But look at the amazement they have, wondering if Jesus could be in fact, Joseph’s son?

²² All spoke well of him and were amazed at the gracious words that came from his mouth. They said, “Is not this Joseph’s son?” ²³ He said to them, “Doubtless you will quote to me this proverb, ‘Doctor, cure yourself!’ And you will say, ‘Do here also in your hometown the things that we have heard you did at Capernaum.’” ²⁴ And he said, “Truly I tell you, no prophet is accepted in the prophet’s hometown.



The final verse hits home for me and perhaps for you too. Have you ever felt like those who know you best and love you most are the same people that reject you or mistrust you? In Israel's history, prophets were often rejected and painful events unfolded as a result.

²⁵ But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land;

²⁶ yet Elijah was sent to none of them except to a widow at Zarephath in Sidon.

²⁷ There were also many lepers[a] in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian."

It seems that Jesus is reminding the men that when prophets in the past were rejected, Israel faced hardship and God's blessings fell more frequently on those outside of Israel. Jesus wants the men of Nazareth to make a wise choice and knew too well what would happen next. Jesus spoke His truth and His own people were angered and threatened by Him. So much so that they drove Him out of Nazareth and attempted to throw Him from a cliff!

²⁸ When they heard this, all in the synagogue were filled with rage.

²⁹ They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff.

³⁰ But he passed through the midst of them and went on his way.

Have you ever noticed this passage? How does it sit with you? Jesus went to Nazareth to make His announcement knowing what would happen. He is rejected by those who know Him and who watched Him grow up. Jesus is chased out of the synagogue. Jesus declares that He is anointed to bring good news to the poor, release to the captives, recovery of sight to the blind, to free the oppressed, and proclaim God's favor. He is excluded by the mainstream and will minister to those rejected by society. His ministry is announced as one that will occur outside the walls of the synagogue with the outcasts and marginalized.



We have shared passages throughout this study that demonstrate Jesus' ministry was focused on those who had been excluded from society, those who could not fully participate in society. The very fact that Jesus promised to fulfill the prophecy in Isaiah threatened those that heard Him. Jesus was excluded from His church for preaching about love and inclusion.

Can you think of anyone who feels excluded from church? Were Jesus here today, to which excluded groups would He directly minister? There are true believers who never step foot in churches because they are unwelcome. In this module we hear Jesus instruct the disciples to leave those places that do not welcome them. Luke 9:5 reads, "Wherever they do not welcome you, as you are leaving that town shake the dust off your feet as a testimony against them." It sounds easy to just "shake the dust off " and move on, but it isn't. We have a pull toward community and desire to worship with other believers. If we cannot be our authentic selves, or are shamed for who we are, we must move on. This is good news for Christ-followers. His was a ministry of action. Jesus ministered outside the walls of synagogues. He spent time with people who were not deemed worthy by the religious elite.

I hope this Module encourages you. If you have been rejected by your church, you are in good company. Even Jesus' own church chased Him out. Although finding a welcoming and inclusive church is ideal, it is not easy, nor is it always possible. But with the number of online resources, you can find faith communities that are welcoming. Start there if that feels like the right next step. If not, take some time to rest and heal.

As God-followers, we choose to love others as we love ourselves. Loving others does not mean that we stay in toxic and abusive environments. As we separate from unhealthy theology



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A 6-Module Study Journal by
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and toxic people, we make space to begin the healing process. Healing is part of our journey too, and there are caring professionals who will support your mental wellness. Module 6 addresses what I hope will become part of your ongoing journey. Here, we stop along the way, reflect on our experience, lament and grieve our losses, rest our bodies, and renew our minds. What happens after this? We flip right back to Module 1 and start the next leg of our journey, reoriented to God and faith in ways that move us farther along.