



## Power and Posture

Luke 7:1-10

“After he had finished all his sayings in the hearing of the people, he entered Capernaum. Now a centurion had a servant who was sick and at the point of death, who was highly valued by him. When the centurion heard about Jesus, he sent to him elders of the Jews, asking him to come and heal his servant. And when they came to Jesus, they pleaded with him earnestly, saying, "He is worthy to have you do this for him, for he loves our nation, and he is the one who built us our synagogue." And Jesus went with them. When he was not far from the house, the centurion sent friends, saying to him, "Lord, do not trouble yourself, for I am not worthy to have you come under my roof. Therefore I did not presume to come to you. But say the word, and let my servant be healed. For I too am a man set under authority, with soldiers under me: and I say to one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my servant, 'Do this,' and he does it." When Jesus heard these things, he marveled at him, and turning to the crowd that followed him, said, "I tell you, not even in Israel have I found such faith." And when those who had been sent returned to the house, they found the servant well.”

Luke 7:1-10 ESV

Psychological research nearly 10 years ago talks about the importance of physical posture and its' effect on our mindset.

Power Posing - the Superhero Posture (stand like a super hero, you might want to have your group stand and practice this for some fun)

Power posture vs weak posture - to give you power/confidence.

Actually, the Bible really runs counter to the superhero syndrome.

In this passage, we see a centurion and his need. A centurion was much like a captain in the army today. He was over about 80-100 soldiers. Their job was to discipline those under Roman rule. He understood authority and discipline. (Matthew tells the same story in chapter 8 with fewer details.)

Luke mentions Jewish elders approaching Jesus about the centurion's servant. They plead earnestly because the centurion was good to them. (Remember that Luke is writing to a Gentile audience so the significance of Jewish elders going on behalf of a Roman lends one to believe that they regarded this particular Roman with special interest. This centurion had been very good to the Jews and supported the building of the synagogue.)

Let's take a look at the posture of the centurion -

- He is discerning of who can help. (v. 3)
- Loving and generous with the people of God (v. 4-5) (he is known to love the Jews) he is generous
- Reverent and respectful in his time of need (v. 6-7) (possibly he knew that any Jew who entered the home of a gentile had to after be ritualistically cleaned. He communicates that he believes he can heal the servant without Jesus having to physically go to the servant.) (The centurion also may have just understood the great position of Christ.)

- Humble and self-aware of his powerlessness v. 8 (He could have sent his 80-100 to get what he wanted. He had that authority.)
- Faithful that Jesus is the answer to his need (v. 3-9)

What is your typical problem posture?

- Do you grasp at straws and listen to anyone/everyone? (Crowdsourcing your answers and responses/fixes.)
- Do you neglect loving the church and ignore its needs? (Do you only support the church when you need something?)
- Does your need cause you to not accept delay? (Do you demand an answer and fix now? Usually this kind of response points to a selfish heart.)
- Does pride and entitlement demand action from others? (You fix my problem now! I don't deserve to suffer.)
- Do you only have faith in your own power? (I can figure a way out of this. And when this is our mindset, we will do unfaithful things to get our solution.)

Where true power comes from:

- Discernment - don't crowdsource your solutions (Search scripture, pray and seek biblical counsel.)
- Love and generosity – (but not only when you have a need - know authority and accept that you under authority)
- Reverence and respect – (not bulldozing out of my panic) (honoring God)
- Humility and self-awareness – I can trust God and do not need to defend or fix myself with unbiblical/unfaithful solutions.
- Faith in Jesus (only when you have faith in Jesus first then the other four are clear)

Actually, view these as a pyramid with Faith in Jesus as the foundation. Only when our faith is in the One who is always faithful to Himself.

Jesus says of the centurion, Not in all of Israel had Jesus seen faith that matched that of the centurion. Interestingly enough, the non-Jew trusted Jesus at His Word because He understood that Jesus was the true authority.

What is keeping you from accepting that Jesus is the true authority?

Take time to share prayer requests and pray together.