

## Introduction:

**What do I do about the ache within me? What if my longing isn't a problem to fix but a sign pointing me home?**

"Our life-long nostalgia, our longing to be reunited with something in the universe from which we feel cut off, to be on the inside of some door which we have always seen from the outside, is no mere neurotic fancy, but the truest index of our real situation."

- C.S. Lewis, Mere Christianity

**We are all** \_\_\_\_\_.

## Four aches:

**1. The heart aches for** \_\_\_\_\_.

*Now the LORD God had planted a garden in the east, in Eden; and there He put the man He had formed.*

Genesis 2:8

**We are made for a** \_\_\_\_\_ **that** \_\_\_\_\_.

*<sup>2</sup> My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? <sup>3</sup> And if I go and prepare a place for you, I will come back and take you to be with Me that you also may be where I am.*

John 14:2-3

**2. The heart aches for \_\_\_\_\_.**

*Then the LORD God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.*

Genesis 2:7

**We are made to be with \_\_\_\_\_ and \_\_\_\_\_.**

*“And behold, I am with you always, to the end of the age.”*

Matthew 28:20b

**3. The heart aches for \_\_\_\_\_.**

*The LORD God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.*

Genesis 2:9

**We are made for \_\_\_\_\_.**

*You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore.*

Psalms 16:11

**4. The heart aches for \_\_\_\_\_.**

*The LORD God took the man and put him in the Garden of Eden to work it and take care of it.*

Genesis 2:15

**We are made for \_\_\_\_\_.**

*<sup>28</sup> “Come to Me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For My yoke is easy and My burden is light.”*

Matthew 11:28-30

“If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world.”

- C.S. Lewis

**The home my heart aches for is not just a \_\_\_\_\_ but a \_\_\_\_\_.**

*Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through Me.*

John 14:6

### **Discussion Questions:**

1. The “ache within us” isn’t a problem to fix, but a “sign pointing you home.” What are some ways you’ve tried to “fix” this ache in your own life?
2. How does Jesus’ promise of an eternal home, address the human heart’s ache for something that lasts?
3. What does “God with us” mean to you personally in your day-to-day?
4. In this message, we learned that ‘pleasure’ is actually part of God’s original design. Discuss how this truth might challenge our preconceived notions that pleasure is bad or something to be denied.
5. Jesus's invitation, "Come to Me... and I'll give you rest," is offered amidst a chaotic world. What does this invitation mean for you when you feel stressed, overwhelmed, or fragmented?
6. What is one specific action you might take, or one shift in perspective you might adopt, to address the "ache within you?"