

1. I'm going to read just a short passage of scripture and then I am going to explain the events leading up to our text.
2. Let's read together in...

TEXT: **Luke 24:28-32** As they approached the village to which they were going, Jesus acted as if he were going farther. **29** But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. **30** When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. **31** Then their eyes were opened and they recognized him, and he disappeared from their sight. **32** They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

My title is in the form of a question today.

TITLE: **Do you have heartburn?**

INTRO:

1. This story takes place after Jesus had been crucified and has risen from the dead.
2. Jesus has risen from the dead and his tomb has been found empty, but Jesus disciples weren't actually excited about that fact because it left them with more questions than it did answers.
3. Verse 13 tells us that two of Jesus disciples were walking along on the road that led to Emmaus, which is a village about seven miles from where Jesus was crucified. As they walked, they talked and discussed everything that had happened over the past few days.
4. As they walked and talked it says that Jesus appeared to them and began to talk to them but that they didn't recognize him.
5. Now no explanation is given as to why they did not recognize him, but the truth is they really didn't know it was him.
6. My opinion is that the fact they didn't recognize probably has less to do with some supernatural occurrence and more to do with the fact that if we are not careful, we can get so caught up in the stuff of our life that we fail to see what is really important.
7. I mean let's face it. We are oblivious sometimes. I don't know if it means I am getting older or what, but I remember one time I was looking for the nail clippers. The last time I remember having them was on the table beside the bed.
8. I couldn't find them. I asked my wife multiple times if she had seen them. I searched in several rooms of the house, still not finding them.

9. I looked for two days. Finally on the third day, I happen to open the top drawer of the table beside the bed, the very place where I keep my wallet and keys and ring and everything, I put in my pockets every morning, and low and behold, there were the clippers.
10. I had to have looked directly at those clippers twice, maybe three times and I missed them.
11. Now life can go on without the nail clippers, but I wonder what else we miss in life? Really important things in life?
12. These men didn't recognize Jesus. But their conversation went further.
13. Jesus asked them what they were talking about, and they said they were talking about Jesus.
14. They explained to Jesus all about the crucifixion and Jesus' resurrection and how some of the women had found the tomb empty and I'm thinking to myself, Jesus must have thought, yeah I know all this, I was there.
15. It's kind of like a person I met one time and I didn't tell them I was a pastor, but I mentioned the name of the church where I was the pastor. They went on and on about the church and told me they attended there and told me what a great church it was.
16. I asked them who the pastor was, and they said they couldn't remember his name. I couldn't resist. I said, his name is Jeff Cox, and he looks a lot like me.
17. I mean here they were explaining all this to Jesus, and it actually happened to Jesus.
18. Then something really interesting happens. Jesus kind of scolds them for not believing what the bible said about the very events they were experiencing.
19. Then Jesus went back and reminded them about everything they had read in God's word and how it foretold that these events would happen and how Jesus would die and then rise again on the third day.
20. I mean Jesus laid it right out there for them, probably like he had done several times before, and they still didn't recognize it was him.
21. So they are walking along, getting this history lesson from Jesus and as they approached the village of Emmaus, Jesus acted like he was traveling further.
22. But the disciples insisted that he come and stay the night with them and then leave for his destination the next morning.

23. Jesus agrees, and as they are sitting down to eat supper, Jesus takes some bread, breaks it, and gives it to them, and as he does verse 31 says their eyes were opened and they recognized that it was Jesus and that it had been Jesus all the time.
24. And as they sat there, trying to wrap their minds around how they could have missed the fact that Jesus had been with them all the time, they remembered the seven-mile journey and here is how they described it.
25. Luke 24:32 They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"
26. I want to highlight something very important. It says they asked each other. In other words this was a conversation in which one of the guys asks the other, did you feel what I felt when were walking along?
27. Did you feel strange as Jesus talked to us along the road?
28. And the other disciple says, well yeah, I felt strange. I felt weird. How did it feel to you?
29. And the first one responds, it felt like heartburn. Now I'm guessing, it wasn't the same kind of heartburn we might experience after eating some chili that was too spicy.
30. What they were saying was, the message and the words that Jesus spoke touched our heart. It drew us to him. It encouraged us. It made us feel loved and accepted. It made us feel as though something powerful was happening to us.
31. And here is what got them. They couldn't believe that having felt everything that they felt in their hearts, that they kept walking along and acting like nothing special was happening.
32. They couldn't believe that they didn't stop dead in their tracks and say, hey what is going on. What is this? Something is different. What do I need to do about this?
33. Now I am not trying to put these two guys down and say that they really blew it because I'm not so sure they did. They were just acting like all of us humans do.
34. I used the term heartburn, and I asked the question do you have heartburn, because it really best describes what happened to these men and what happens to us.
35. This past week I went to the doctor for a 6-month checkup. The doctor was asking me this battery of all these general questions. And finally he asked me, do you ever have heartburn?

36. Now I know that we can experience heartburn or acid reflux for several different reasons. Certain medicines can cause heartburn; eating spicy foods can cause heartburn, and on and on the list goes.
37. But there is one thing for me that causes heartburn and even acid reflux in my case more than anything else. Overeating.
38. You say what kind of crazy pastor talks about overeating when we are just about an hour away from having lunch.
39. The kind that thinks it is really interesting how our problem with physical heartburn and our spiritual response to Jesus can be so closely related.
40. I saw a commercial some time back and it was an advertisement for an antacid. I don't remember the name brand, but probably most people would be familiar with it.
41. Now I am not making fun of the guy in the commercial, but he was a rather large individual. And they showed him at an event where there were mounds and mounds of food.
42. He is standing in front of the table, and he wants to eat, but he has heartburn. So somebody comes along and gives him several tablets of this antacid and then they show him at the end of the commercial with his plate heaped with food and he has a smile on his face.
43. I know I am weird, but it just caught me as strange. The man eats too way too much food, which is probably the cause for his heartburn. His heartburn is a sign to him that something is wrong.
44. This past week I went to the doctor for a 6-month checkup. The doctor was asking me this battery of all these general questions. And finally he asked me, do you ever have heartburn?
45. And I said, well doc. Most of the time I don't. if I can keep from eating too much and if I can stay below a certain weight then I normally don't.
46. He has been my doctor for many years, so I just asked him. Why do you want to know about heartburn.
47. Without missing a beat he said, well you know, you aren't getting any younger, and heartburn can actually be one of the signs that a person is having a heart attack. The attack actually feels like heartburn or indigestion.
48. Did I mention that he used to be my doctor for several years?
49. He goes on to say, that heartburn is a signal that something needs to change.
50. And so that got me to thinking about the guy in the antacid commercial. Instead of changing his eating habits, they give him a pill, which will allow

him to go and eat more food which will cause him to have more heartburn which will cause him to need more pills.

51. What caught me as weird is that they were actually promoting a vicious cycle that if not stopped could hurt this man severely.
52. Now you ask, are you always so weirded out when you watch commercials. Not normally, but what a picture of what can happen in our life spiritually as well.
53. We are going along in life, and we are missing something very important. Something doesn't seem to be right. We are struggling and hurting and don't know how to deal and cope with life, and in those moments, Jesus comes along, not physically, but he touches our heart, and he speaks to us and tries to comfort us.
54. I know and believe that to be the truth because of what God's word says in **Hebrews 13:5** Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you."
55. Basically what the writer of the Hebrews is saying is don't get caught up in the stuff of life quite so much. Be careful of your dependence on material things, because you serve a loving, heavenly father that promises you will never be alone.
56. So I know that God is always near, and God is always speaking and working in our lives, and as a result our heart is touched. But like those men on the road and like the guy with the plate of food we just continue down the same path never stopping to ask ourselves. Could I be experiencing this heartburn for a reason?
57. Do I need to stop and figure this out? Let's identify some situations when we need to stop and pay attention to the heartburn we may be experiencing.

When we are lonely or hurting.

1. The reason why I don't think we should be too hard on these two disciples is because it is obvious that the reason why they missed Jesus is because they were lonely and hurting.
2. Jesus' death meant they were alone. That they no longer had the companionship they once enjoyed. They were experiencing a major loss in their life.
3. It is amazing to me first of all how quickly and how frequently loss can occur in our life.

4. I know I have mentioned this before, but I keep talking to people almost every day who are experiencing major upheavals in their life, seemingly like no other time in their lives.
5. Life is constantly changing. Things are constantly changing. Pressures build and stuff happens, often times it seems without warning.
6. I try not to listen to the news all too often because it is kind of depressing, but I was reading this past week how millions of Americans are feeling the pressure and the crunch of having the cost of everything go sky high without any increase in income.
7. Our economy can make us feel like we are missing something. Like we have lost something.
8. Many people experience health issues and if they are not experiencing a health issue, they have a family member who is facing a physical situation. That situation brings a loss of freedom or quality of life that was once enjoyed.
9. Relationships seem so fragile. Marriages and families are under constant attack from not only outside forces but also inside forces.
10. It can be easy to look around and wonder where God is in all this. Does God even care?
11. Well I believe it's obvious that Jesus cared about these two men who had experienced serious loss. He didn't shy away from them he came to them. But notice how he came to them. Maybe this is an indicator of how Jesus comes to us.
12. He came to them physically but even though they didn't recognize him physically their heart knew that Jesus was near. Their heart told them that Jesus was reaching out to them.
13. Physically and mentally they didn't seem to connect, but their heartburn gave Jesus away.
14. Jesus cares about us during times of loneliness and loss but often times his way of showing that concern is to touch our heart. To speak to our heart.
15. But so often we miss him because we never see past the physical. We never see past the visible circumstances that are right in our face.
16. Jesus says I want to touch your heart, and if you will respond to my touching your heart then I will touch your circumstances.
17. That's why Jesus said in **Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."**

18. So often we want rest first, we want our circumstances fixed first then we want to come to God. It doesn't work that way. Come to him first. Respond to him first and then watch him do something amazing for you.
19. Pay attention to the heartburn you are experiencing. It's Jesus calling you to himself.
20. We also experience heartburn...

When we journey down the wrong path.

1. What do you mean by that pastor? When we allow people and or things to influence us in a way that takes us further from God.
2. There is an interesting story in the book of Mark chapter 6. A king by the name of Herod had a great man of God by the name of John the Baptist arrested and put in prison.
3. He did this because his wife held a grudge against John because John had pointed out that their lifestyle was sinful. Herod had married his brother's wife while his brother was still living.
4. Basically Herod and his wife were living a soap opera. Herod knew that it was wrong, his heart told him so. Because it says in **Mark 6:20 Herod feared John and protected him, knowing him to be a righteous and holy man. When Herod heard John, he was greatly puzzled; yet he liked to listen to him.**
5. In other words, Herod's heart was touched. He didn't understand everything with his mind because he was puzzled, but he liked to listen to him because John's message touched his heart. In a sense, Herod had heartburn.
6. But he refused to listen to his heart. He refused to pay attention and stop and say hey, what do I need to do with this.
7. Eventually Herod was forced to kill John the Baptist because of an unwise promise. The penalty for listening to those around him rather than listening to the message from God that touched his heart was death and destruction.
8. There are always going to be voices and people and circumstances that threaten to lead you away from God.
9. But there will also always be that voice on the inside of you, that heartburn if you will that declares, hey this isn't right. This isn't the right path. This is going to lead you to nothing but destruction.
10. Somebody here today has been hearing that voice recently. You've had heartburn. Maybe it didn't make sense to your mind, but it made perfect sense to your heart. Maybe you didn't know what to do with it. But you do now.

11. You now know it's Jesus talking to you trying to keep you from heading down a path that moves you away from Him, and instead lead you down a path that will draw you closer to Him and will bring you life.
12. Listen to the heartburn you have. Don't ignore it. Because that heartburn won't leave you alone...

When you settle for almost.

1. In the book of Acts chapter 26, we find another king who had heartburn. His name was Agrippa.
2. The apostle Paul was in jail. He had been arrested for encouraging others to believe in Jesus Christ.
3. So he was facing a preliminary hearing and King Agrippa wanted to hear the evidence.
4. Paul told him all about Jesus Christ and what it would require to have a personal relationship with Jesus and at the conclusion of his comments he looks at King Agrippa and says. **Acts 26:27 King Agrippa, do you believe the prophets? I know you do."**
5. And it was at that moment that King Agrippa had the worst case of heartburn he ever had. Paul had touched his heart. The message of Jesus had touched his heart in a powerful way.
6. But how disappointing his response. **Acts 26:28 Then Agrippa said to Paul, you almost persuade me to be a Christian.**
7. This is my own interpretation of what Agrippa was saying. My heart is burning. I know you are telling the truth. My heart can sense it. I am almost persuaded to do something about it. I am almost persuaded to pay attention to this burning on the inside of me, but no. I think I am going to continue on like I am.
8. What a tragedy, because we never find evidence that King Agrippa did anything about his heartburn. He never experienced the joy of knowing Jesus as savior.
9. I know for a fact that the Lord is always working and trying to draw us closer to himself and to help us take that next spiritual step.
10. His desire is to bring us to a place of spiritual maturity.
11. **Ephesians 4:11-15** So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, **12** to equip his people for works of service, so that the body of Christ may be built up **13** until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ. **14** Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and

craftiness of people in their deceitful scheming. 15 Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.

12. He wants unity and maturity for us as a body of believers, but he refuses to get behind us and push and drive us like a cowboy would a herd of cattle; his method is to lead us. To lovingly speak to us and draw us toward the fullness of what he has for us. He doesn't force us to heed his voice.
13. It's a tragedy when we miss or ignore that leading, because whether we ignore the physical heartburn or the spiritual heartburn, the result is we wander down an unhealthy path.

Conclusion:

1. Recently, I heard the story of a man who was experiencing severe heartburn. He was miserable. He took some antacids and popped some pills, but it didn't help.
2. They finally took him to the hospital where he had a massive heart attack and died several days later. That heartburn was a sign that something was wrong.
3. Ignoring our spiritual heartburn is just as dangerous. That heartburn is usually a sign that the Lord wants to make some changes in our lives.
4. And those changes are always meant to mold us into something better. To remove something harmful from our lives and instead fill it with that which brings life.
5. You see there is only one solution for spiritual heartburn and that is to run to Jesus. He is the only cure. You can't chew a Tums or a Roloids and get relief, you must come to Jesus.
6. Do you have heartburn today?
7. Are you hurting and feeling lonely. Have you experienced loss in your life? Draw near to Jesus.
8. Do you have people or things in your life that are leading you away from God? Make a decision today to leave them behind and draw near to Jesus.
9. Have you been at a place of almost long enough? You realize that almost serving the Lord wholeheartedly keeps you bound in misery? Draw near to Jesus.
10. Call for salvation.
11. Call people to spend some time listening to Jesus.
12. You are wired to hear his voice, and if you listen, he will speak.