

A thick yellow line that starts horizontally from the left, then drops sharply to a point, rises to a peak, and then drops to a lower horizontal level. The text 'Vital Signs' is written in a yellow, sans-serif font, with the 'V' being the peak of the line.

# Vital Signs

Sundays 10.45am





Vital Signs

# 3. SENSITIVITY

#vitalsigns  
@burlington\_ips  
@simongharris





Vital Signs

**How sensitive  
are you to  
your  
surroundings?**

# Vital Signs

## Jesus

true sensitivity

Mark 1:41

Filled with compassion, Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!"



# Vital Signs

## Jesus

true sensitivity

Mark 10:21

Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me."

# Vital Signs

**We protect our hearts**

1. We shut need out

Luke 10:31

A priest happened to be going down the same road, and when he saw the man, he passed by on the other side.



# Vital Signs

**We protect our hearts**

2. We look after ourselves

**Philippians 2:21**

**For everyone looks out for his own interests, not those of Jesus Christ.**

# Vital Signs

**We protect our hearts**

3. We justify ourselves

Luke 18:11

The Pharisee stood up and prayed about himself: 'God, I thank you that I am not like other men—robbers, evildoers, adulterers—or even like this tax collector.



# Vital Signs

**We protect our hearts**

4. We cover our vulnerability

**Hebrews 2:18**

**Because he himself suffered when he was tempted, he is able to help those who are being tempted.**



## A softening heart

1. sees people as God does

Acts 10:34

Then Peter began to speak: “I now realize how true it is that God does not show favoritism.”



## A softening heart

### 2. smells the stench!

John 11:39

Take away the stone,' he said.  
'But, Lord,' said Martha, the sister of the  
dead man, 'by this time there is a bad  
odour, for he has been there four days.'





# Vital Signs

## A softening heart

### 3. touches their world

Galatians 6:2

Carry each other's burdens, and in this way you will fulfil the law of Christ.



# Vital Signs

## A softening heart

### 4. listens to their story

James 1:19

My dear brothers and sisters, take note of this: everyone should be quick to listen, slow to speak and slow to become angry,



## A softening heart

### 5. tastes their reality

2 Corinthians 1:3-4

Praise be to ... the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.





# Vital Signs

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**Will you let  
God use you  
where he as  
healed you?**



## Health Warning

### 1. not everyone

John 5:3-6

Here a great number of disabled people used to lie ... One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there ... he asked him, 'Do you want to get well?'



## Health Warning

### 2. not always

Matthew 14:13

When Jesus heard what had happened, he withdrew by boat privately to a solitary place.



# Vital Signs

**In the end ...**

it's the work of God in us

**Galatians 5:22**

**But the fruit of the Spirit is love, joy,  
peace, patience, kindness, goodness,  
faithfulness,**





# Vital Signs