



One Page Sermon

By Pastor Robb McCoy

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Worship Every Sunday at 9:30 AM

After the Storm: Ascension

In the end, Jesus went home. Christ returned to the right hand of the Creator and the disciples were left looking up at the sky until the messengers of God interrupted them and reminded them of what they were to do. The trauma was past. The resurrection happened. All that was left was for Jesus to return to glory.

Resurrection means life goes on. After the pain, suffering, and violence of crucifixion, resurrection proved that the trauma was not the last word. Resurrection revealed to the world a new way of life. It revealed that the violence of oppression, the threats of Pax Romana, and the power of inflicting trauma on people was not the ultimate power in the world. There is another power—it is the power of love and new life. There is a power of hope, compassion, and resurrection. There is a reason Christians celebrate Easter Sunday. It is the day we recognize that Christ is risen, and that resurrection is open for all of us who have experienced trauma in our lives.

Ascension though is often overlooked.

As Rev. Dr. Thema Bryant put it in her lecture in Denver, “Some people want to stay in resurrection, but we are supposed to rise up in ascension.”

Ascension is a return to glory. Ascension is a commission to go and tell. Ascension is the time to stop looking up to the clouds for answers, and instead start looking outward for purpose.

We have all experienced trauma. Responses to trauma can be varied. Often, trauma results in a loss of self. Trauma can manifest in many ways:

- Loss of purpose and lack of motivation.
- Change of personality.
- Over-indulging in food, sex, gambling, to chase a quick pleasure or thrill.
- Dependence on toxic or abusive relationship.
- People pleasing, to the point of losing self.
- Control issues.
- Constant busyness.

Trauma can take us out of ourselves. We create distractions, masks, or discover unhealthy ways that help us cope and just get through days.

Christ’s lessons of how he went through trauma can help us overcome, resurrect, and even ascend. We can find ourselves again. We can return home. We can return to the glory that God created us to be.



Ascension, by John Singleton Copley, 1775

Remember the steps that Jesus showed to us: Tomb time, social support and community, self-care, forgiveness and boundaries, and showing our wounds all come before ascension. Trauma is not something to be ignored. It is not something that will just fade away in time. Time doesn’t heal all wounds. We must be active in our healing. God can lead us back home, and there are steps we can take to help the process. Dr. Bryant, in her book *Homecoming*, names a few:

- Prayer—Mindfulness and meditation can help clear your mind and open yourself to the Spirit.
- Sabbath—You can resist the ever-busy mindset of continuous production and allow space for healing, contemplation, and model healthy practices to others.
- Fasting—resisting harmful habits. Delaying gratification. Fasting is not a diet and we must be careful to not fall into disordered eating, but it can be a powerful spiritual tool.
- Community—worship, meals, good friends who are supportive and don’t try to violate boundaries.

Homecoming is possible. Even after the storm. Jesus can guide us into still waters and a mission to share the good news to the ends of the earth.