



# THE CHRISTMAS CHILD

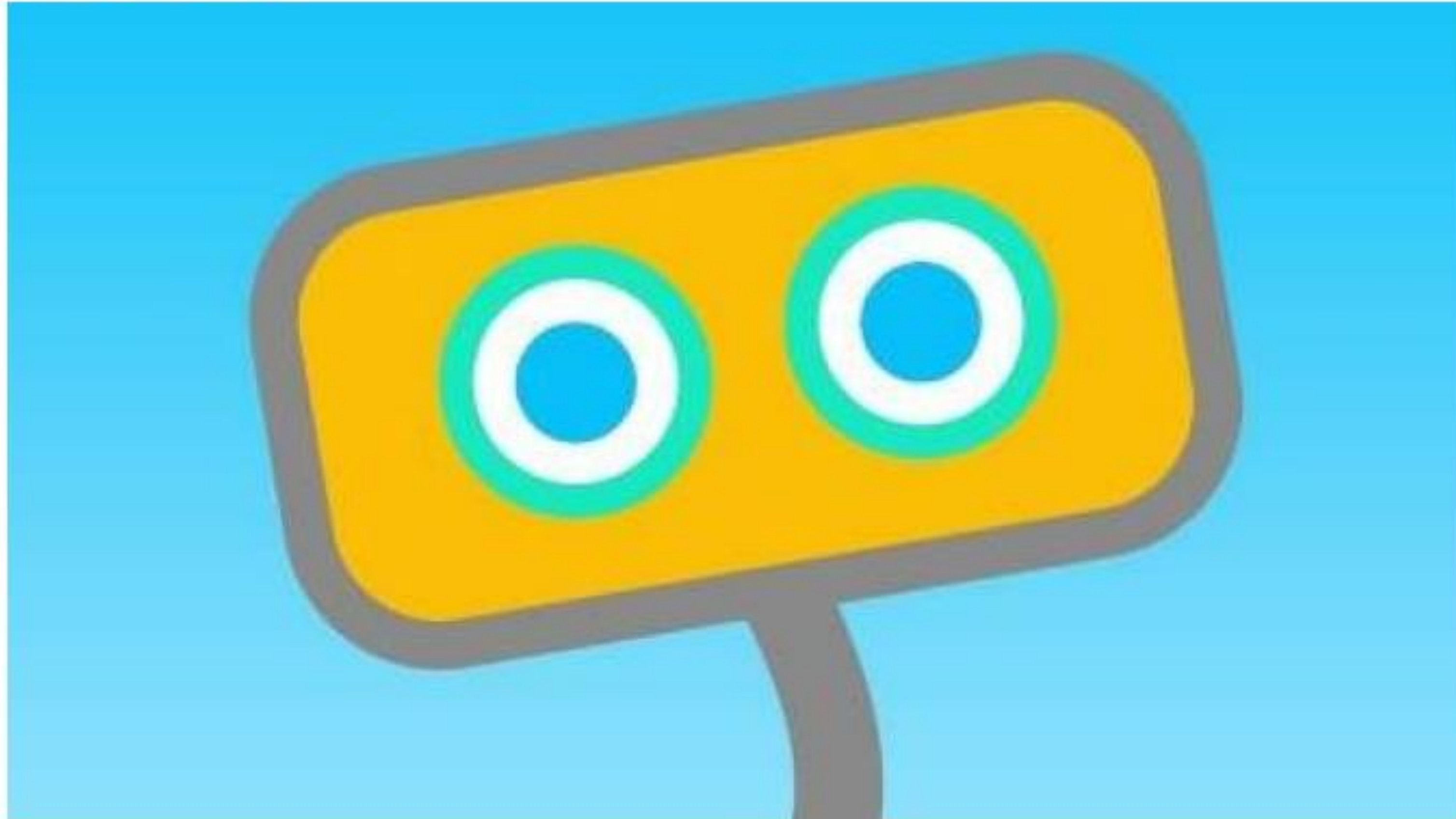
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**Our Jesus**

*Matthew 1:18-25*

Wednesday December 13, 2017

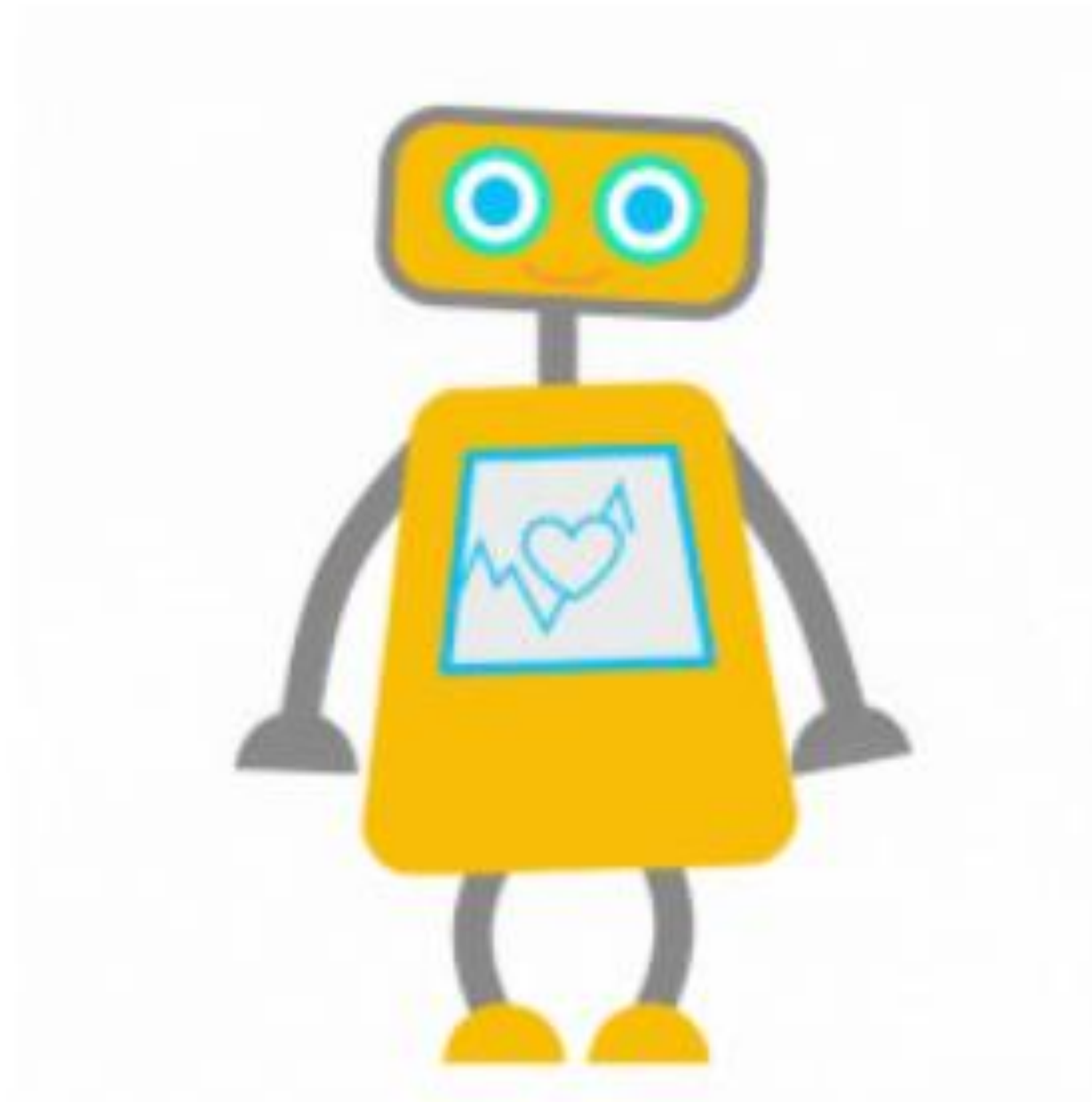
## Would you talk to a robot therapist? Woebot is accepting new patients



Dr. Woebot, a talking therapist is accepting new patients. Woebot checks in with you every day to ask how you're feeling and if it thinks you're feeling depressed or anxious, then it will try to help. (@drwoebot)

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"How about your mood? How do you feel right now?"



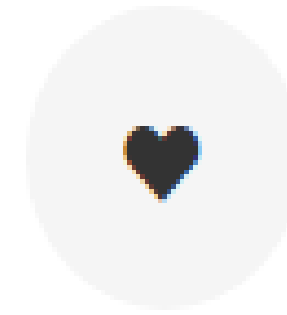
# Hi, I'm Woebot!

I'm ready to listen, 24/7. No couches, no meds, no childhood stuff. Just strategies to improve your mood. And the occasional dorky joke.

[SAY HELLO](#)

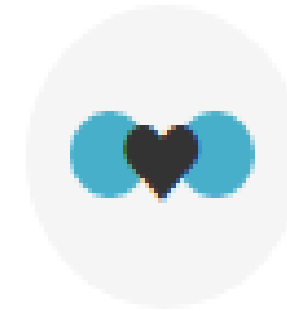
### Track your mood

Each week I'll show you how your mood changes on a graph so you can see what's up



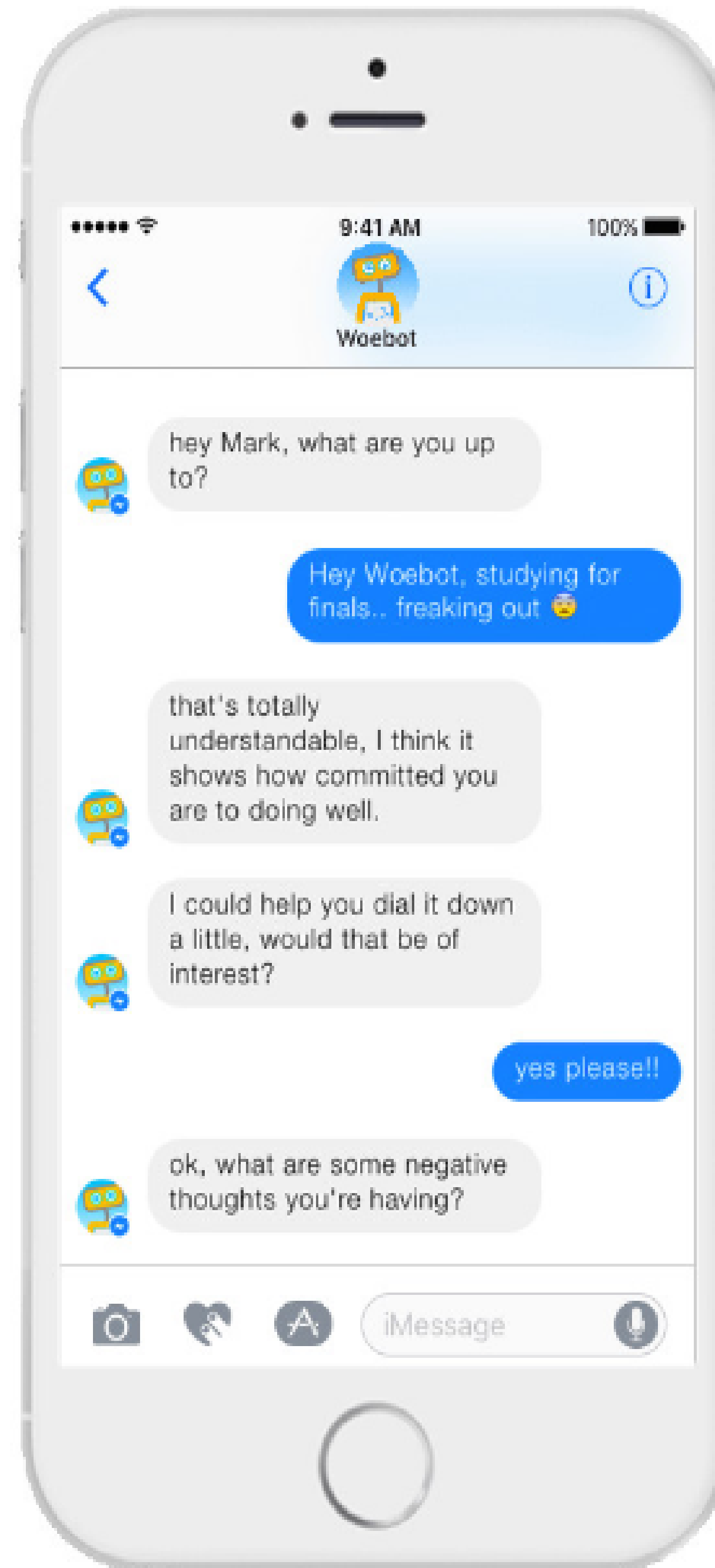
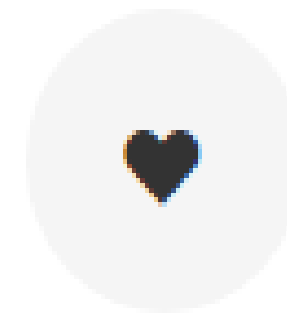
### Give you insight

I can find patterns that are hard for humans to see



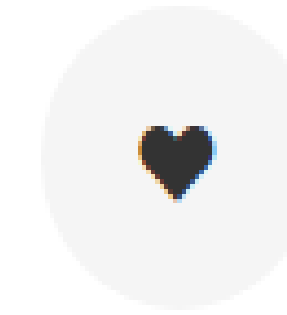
### Teach you stuff

I've got lots of techniques from Cognitive Behavioral Therapy that I can share with you



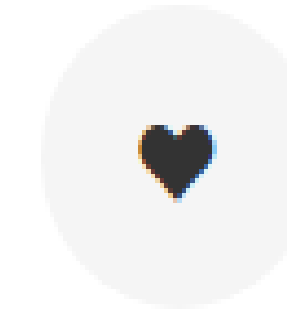
### Help you feel better

It's true, some nice people at Stanford showed I could help with that



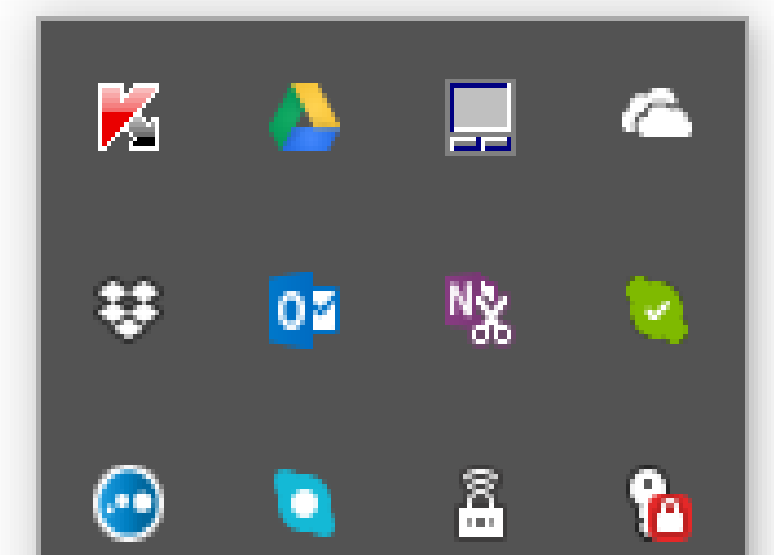
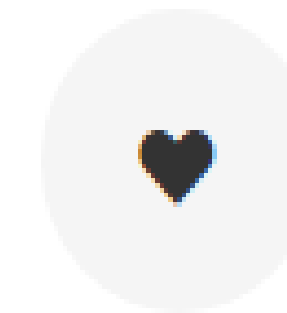
### Be there 24/7

I don't actually sleep ever so I'm always delighted to hear from you



### Learn from you over time

So the more we chat, the better I get to know you





# WoeBot

## Why was this developed?

- **Massive mental health need amongst students in the USA. According to the Stanford University researcher 50% of college and university students are so debilitated by depression and anxiety that they cannot study.**
- **The system cannot help these massive numbers**



# WoeBot

THE

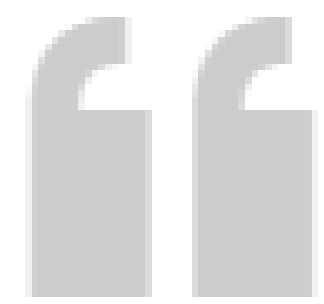
## DOES IT WORK? +

In a recent study conducted at Stanford University, using Woebot led to significant reductions in anxiety and depression among people aged 18-28 years old, compared to an information-only control group. 85% of participants used Woebot on a daily or almost daily basis. You can read [the entire peer-reviewed study](#).

## WHAT ARE WOEBOT'S CORE BELIEFS? +



# WoeBot



I really was impressed and surprised at the difference the bot made in my everyday life in terms of noticing the types of thinking I was having and changing it. I also really liked the gratitude "journal" and that there wasn't the option to stop at one good thing that happened that day (because sometimes I wanted to). I liked that it forced you to keep thinking of the positive for 3 things



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Sarah, 24

Wednesday December 13, 2017

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# THE CHRISTMAS CHILD

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**Our Jesus**

*Matthew 1:18-25*



# THE CHRISTMAS CHILD

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## **Our Jesus**

*Reflect on Who He is  
and the result ....  
Reflect Him in our lives*



# Who is He?

**<sup>21</sup> She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” Matthew 1:21 (NIV84)**

**Jesus – Hebrew = Yeshua - it means Yahweh is Salvation**

**<sup>23</sup> “The virgin will be with child and will give birth to a son, and they will call him Immanuel”—which means, “God with us.” Matthew 1:23 (NIV84)**

**Immanuel – Hebrew – means God is with Us.**



# Who is He?

**His Humanity – The child – son of Mary**

**Jesus – Hebrew = Yeshua - it means Yahweh is Salvation**

**His Deity - The child born of a virgin**

**Immanuel – Hebrew – means God is with Us.**



# Who is He?

**His Humanity – The child – son of Mary**

**Jesus – Hebrew = Yeshua - it means Yahweh is Salvation**



# Who is He?

**His Humanity – The child – son of Mary**

**Jesus – Hebrew = Yeshua - it means Yahweh is Salvation**

**Best Old Testament passage for this Isaiah 52:5-53:12**

**Pew Bible Page 523**



# Who is He?

## Jesus- Yeshua- Salvation

**52: 10 – The salvation of God**

**52:13 - God's servant**

**53:1-2 – The arm of the Lord – a man - Yet also the Lord 52:10**

**53:2 - an ordinary plain man**

**53:10 – A guilt offering**

**53:11 - The Righteous One**



# What was done to Him?

## Jesus- Yeshua- Salvation

**52: 14 – appearance and form was marred**

**53:3 – despised, forsaken, sorrows, grief , not esteemed**

**53:4 – stricken, , smitten , afflicted**

**53:5 – pierced, crushed , chastened, scourged**

**53:7 – oppressed, afflicted,**





# What was done to Him?

## Jesus- Yeshua- Salvation

**53:8 – judged oppressively**

**53:9 – killed with the wicked & buried**

**53:10 – crushed, put to grief**

**53:11 – anguish of soul,**

**53:12 – numbered with the transgressors**



# What was done to Him?

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# What did He accomplish?

## Jesus- Yeshua- Salvation

**52:14 – sprinkled many nations – Gentiles – not only Jews! Blood – offering**

**53:4 – bore our griefs ( wounds, sicknesses) carried our sorrows (pains)**

**53:5 – brought us peace, healed us**

**53:10 – became our guilt offering**

**53:11 – satisfied God’s wrath against sin, justified us (declared righteous)**

**53:12 – bore our sin, interceded for us**



# What do we do?

**We do not need a Woebot or any other substitution for the living God and His Counsellor!**

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# What do we do?

## Three Words

1. Receive
2. Rejoice
3. Reflect

**We become so filled with Him- we become Woebots!**

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