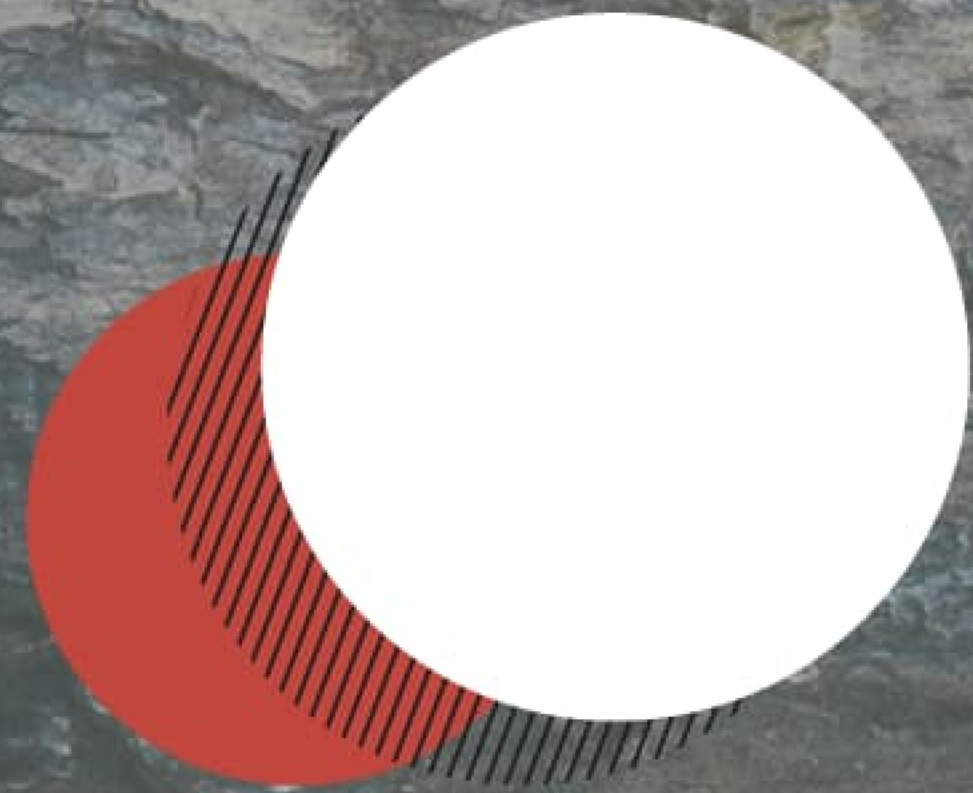


SCRIPTURE READING

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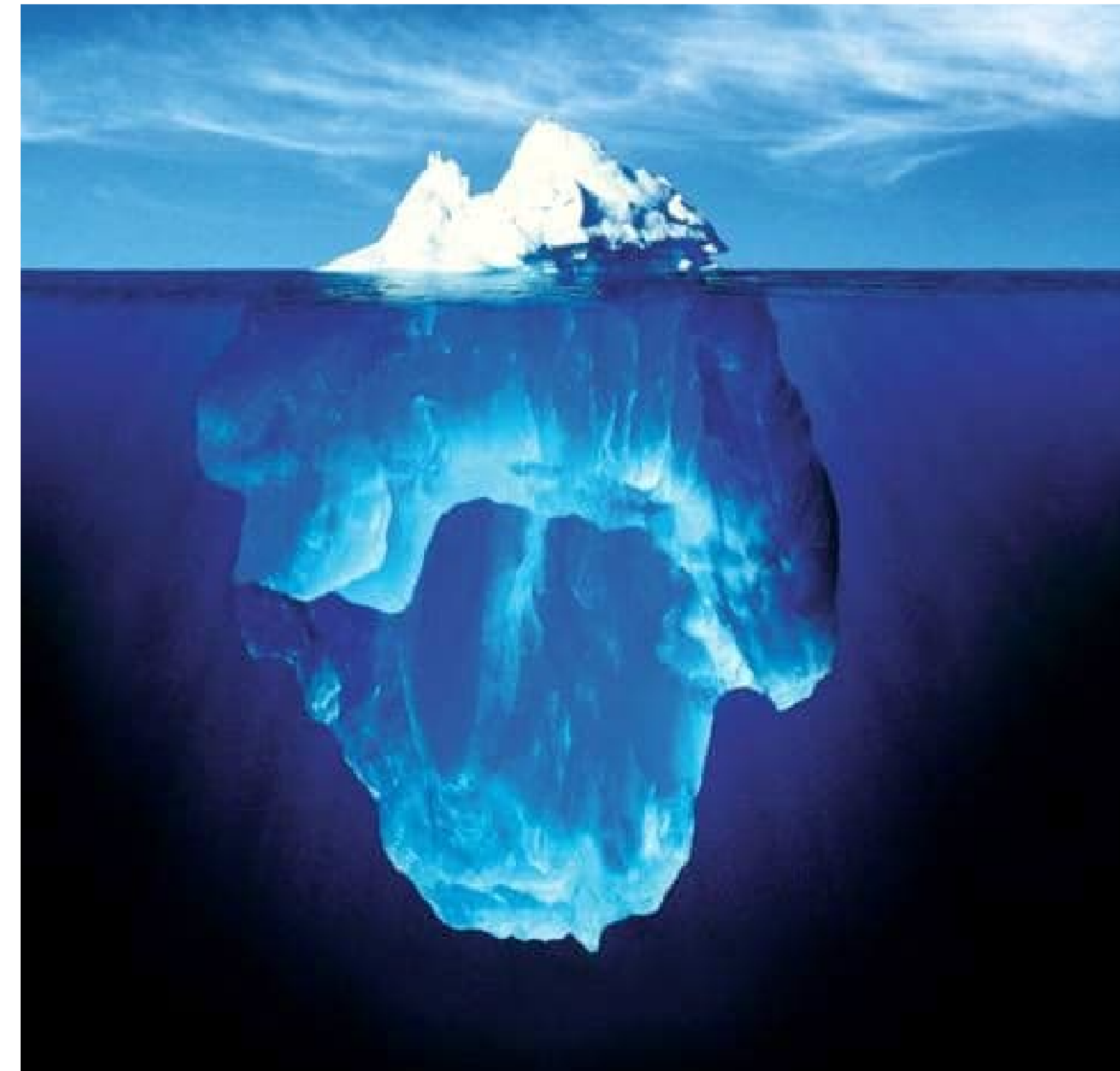




R I ~~S~~ E N

FINDING HOPE AND COURAGE AT THE BOTTOM

*There is almost
always more pain
than you think.*



Critics say Christian faith is both denying of pain, and too much of an anesthetic of it.

Psalm 13 says there is no denial of pain, and no anesthetic. God's gift is courage through his promised presence.





LAMENT FULLY
AND IN FAITH



*1. LAMENT FULLY
TO GOD*

Psalm 13:1 – 2

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

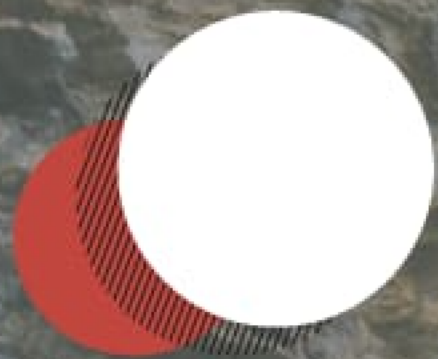
How long must I wrestle with my thoughts
and every day have sorrow in my heart?

How long will my enemy triumph over me?



4 General Laments:

1. **Duration and distance:** How long Lord?
2. **Tortured mind:** "Wrestle with my thoughts"
3. **Heart Pain:** "Sorry in my heart..."
4. **Overrun by enemies:** People want to harm and control me.



*The reason you can't **control him** is the same reason you can't **throw him**.*

Moses, Jeremiah, Lamentations, Job:
"Israel" means "wrestles with God."





2. APPEAL TO GOD

Prayer is the simple, obvious and forgotten act.

Psalm 13:3 – 4

Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall.



*Who we turn to in our troubles
reveals who we think cares about us.*



Why Prayer feels weird to most.

We naturally accept practices when we're on our own.





3. EXERT FAITH IN GOD

Psalm 13:5 – 6

But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the LORD, for he has been good to me.



The decision in pain:

What is the overwhelming fact?

1. God's self-revelation
2. The intuition of abandonment
animated by your anger and hurt



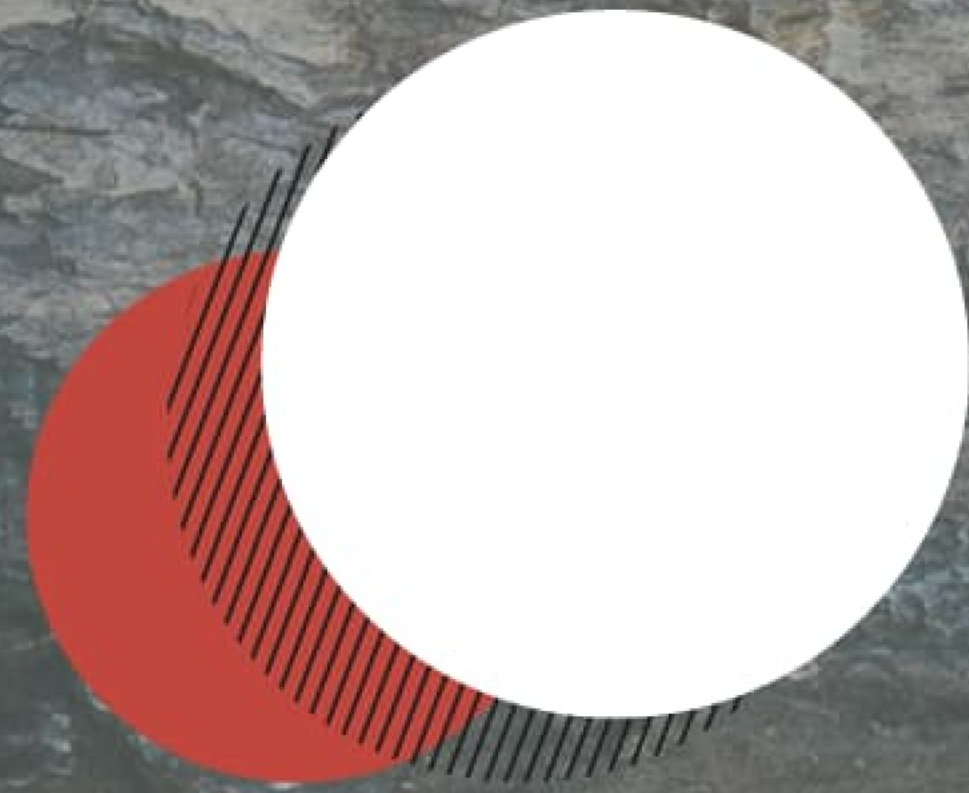
Two reasons you must exert faith via worship:

1. In pain, God as person is more curing than God as ideology.
2. Exerting faith keeps you from being seduced by the narcissism of pain.





*JESUS IS THE
FAITHFUL
LAMENT WHO IS
WITH YOU*



R I ~~S~~ E N

FINDING HOPE AND COURAGE AT THE BOTTOM