How to Suffer Well

AT Hargrave

I. Where does suffering come from?

A.

B.

C.

II. The Haunting \_\_\_\_\_\_\_\_\_ vs. The Helpful \_\_\_\_\_\_\_\_

A.” \_\_\_\_\_\_”: We miss God because we are looking for answers.

1. leads to being stuck. We deny God’s comfort because we want God’s reason.

2. The temptation is to change the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

B. “\_\_\_\_\_\_\_\_” puts the mind looking for God.

III. The Gift of Lamenting

A. What is lamenting?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ grief in the presence of God oriented toward hope.

2. protest of \_\_\_\_\_\_\_\_ and intimacy expressing our longing for change.

3. mixture of pain and praise.

i. pain without praise is pessimism. Reveals loss of hope in the goodness of God.

ii. praise without pain is triumphalism. Reveals disconnect with real life.

4. how we resist being defined by our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

B. What does Lament look like? Psalm 13:1-4

1. taking pain, grief, injustice, sadness, loss into your relationship with God.

i. three responses to negative emotions. stuff (medicate), explode, lament

2. three stages to lament

i.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: everything is going good.

ii.\_\_\_\_\_\_\_\_\_\_\_\_\_ \_: things go wrong.

iii.\_\_\_\_\_\_\_\_\_\_\_\_\_\_: God reconstructs you in the middle of circumstances

C. What happens when we lament? Psalm 13:5,6

1. God \_\_\_\_\_\_\_\_ into our pain with us.

2. God \_\_\_\_\_\_\_\_\_\_\_\_ to our pain.

3. God \_\_\_\_\_\_\_\_\_\_\_\_ us.

IV. What are some positive effects of lamenting?

A.Brings \_\_\_\_\_\_\_\_\_\_\_\_\_ balance: (1 Peter 1:3; 6,7)

1. Avoid making judgments based on unverifiable data.

2. Turns focus to God’s mercy and goodness.

B. Christ-Consciousness and present

1. Pain \_\_\_\_\_\_\_\_\_\_\_\_\_\_ what is hidden in us.

2. \_\_\_\_\_\_\_\_\_ effects the way we think. (Ps. 73:21)

3. Self-centeredness leads to \_\_\_\_\_\_\_\_\_\_\_ from others.

C. Hope for the \_\_\_\_\_\_\_\_\_\_\_\_\_

1. in the presence of God our view changes to an eternal one.

2. God will put all things back to right in the end!

3. God’s silence does equate absence.

V. Conclusion:

A. In suffering ask what and not why.

B. Bring your pain into your relationship with God. (practice lamenting)

C. Receive God’s love and comfort for you.

D. Orient yourself to the present by hoping in the future.