

# Suffering & The One Anothers – God’s Provision –

## Part I: Psalms for the Suffering

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Acknowledgements:

Holy Bible, NASB

Faith Biblical Counseling Ministries – “Psalms in the Midst of Suffering”

# Agenda

- Psalms for the Suffering – God's Provision
- Hurting – Psalm 13
- Suffering Due to Sin – Psalm 25
- Comfort in Suffering – Psalm 63
- Hopeless – Psalm 23
- Betrayal – Psalm 55
- Changing Our Thinking of Suffering

# Hurting - Psalm 13

- Psalm 13 (Hurting)
- What is David's repeating issue in versus 1 and 2?
  - How **long** will the hardship of life continue
- What are his primary complaints against God?
  - That God has **forgot** him (vs 1)
  - God will not exalt them over their enemies (Vs 2)
- David asks what of God in verses 3-4?
  - To **answer** him and recognize the power of his enemies
- How does David respond to the God rebuttle in verses 5-6?
  - He states that God is **trustworthy** and rejoices
  - He notes that God is good to him through this time of hurting
- How do we typically respond to God when we are hurting?
- In what ways has God shown you He is trustworthy and loves you?

# Suffering Due to Sin - Psalm 25

- Psalm 25 (Suffering Due to Sin)
- How does God want us to respond to suffering due to sin?
  - Relationship of trust in Him (v2)
  - Recognize suffering comes from our sin (v7)
  - Respond to our sin with confession (v11)
  - Resting in God's forgiveness and provision (v18)
- Where does the psalmist look for strength
  - He takes refuge in God's integrity and righteousness (v20)
- Do you turn to God and trust Him to help you when suffering from your sin?
- Do you think your suffering is due you for your sin?
- What good work might God be doing in you and others in this suffering?

# Comfort in Suffering - Psalm 63

- Psalm 63 (Comfort in Suffering)
- Where we can we find comfort when suffering?
  - Praise God that He provides for our comfort in our suffering (v1-v5)
  - God's comfort exceeds that of water for the thirsty (v1)
  - We should desire the presence of God to comfort us (v2)
  - The greater comfort is from God's lovingkindness (v3)
  - God's comfort is even greater than comfort of food (v5)
  - Keep your eyes on God more than your challenges (v6-11)
  - Focus on God when darkness overshadows us at night (v6-8)
  - Remember that God's victory in our suffering is reality (v9-11)
- Where do you turn first to find comfort in the face of suffering?
- Where is our confidence and trust when we look to physical comforts instead of looking to Christ when we are suffering?
- Do you despair more in the darkness? Remember the reality of the light!

# Hopeless - Psalm 23

- Psalm 23 (Psalm for the Hopeless)
- How does God shepherd us when we struggle with hope?
  - Safety and Security are on the Lord my Shepherd (v2)
  - The Lord my Shepherd restores my soul providing me life (v3) (*Eph 2:1-7*)
  - The Lord my Shepherd provides guidance (v4)
  - My Shepherd amply supplies protection and provision (v5)
  - My good Shepherd invites me to His and my heavenly home (v6)
- Are safety, security, and provision merely physical to you?
- Do you tend to trust yourself and worldly experts for guidance?
- Where do you turn to find rest, refreshment, and restoral in life battles?
- When is the last time you took a time out with God to refresh and realign your hope on Him when you were facing overwhelming odds?

# Betrayal - Psalm 55

- We are to call out to the Lord when burdened by Betrayal
  - Psalmist is distracted, restless, and complaining (v2)
  - He wants to run far away to hide and find refuge (v6-8)
  - Iniquity and mischief are the backdrop of this betrayal (v10)
  - His friend from God's own fellowship is his betrayer (v13-14)
  - He trusts that God will redeem his soul in peace from this evil (v18)
  - We are to cast our burden on the Lord as He will sustain us (v22)
  - It is God who takes revenge and deals out justice, not us (V23)
- How often are you distracted, restless, and complaining?
- Do you try to escape overwhelming burdens and suffering?
- Have you considered how you would handle betrayal by a spouse, family member, close friend, or better yet from another believer in our midst?
- God's word provides guidance to handling betrayal in a God honoring way that leads to Christian growth. Are you ready to help disciple a brother or sister through this kind of suffering?

# Changing Our Thinking of Suffering

- Pray
  - Pray that the holy spirit will guide you to understand how the scriptures will speak in to your challenges, problems, and suffering.
  - Pray that the holy spirit will do the deep heart work it takes to discover our idols, hidden desires, and self focus so it can be examined by God's light.
  - Pray that the holy spirit will help you put off the wrong thinking and replace that thinking with biblical truth about the issues you and others are struggling with.
- Read
  - Find a good concordance or biblical counseling guide to locate sections of scripture that apply to your area of focus or struggle.
  - Read the entire context of the passage making observations like who, what, where, when, why, and diligently discover the point of the passage.
  - After starting with the bible, look for publications by solid, experienced theologians on the topic. Most pastors and biblical counselors can recommend resources.



# Changing Our Thinking of Suffering

- Reflect
  - Be active when you read by underlining, highlighting, note taking, etc... to engage your mind in analyzing the information. This can be done by making a list of observations, ideas, questions, key points.
  - Take your mark ups and notes and organize them if even in your minds eye so you can see how the passage or passages all fit together and support the main point(s).
  - Analyze how you are dealing with these issues in your thoughts, talk, and walk. Be honest about how that is working for you, others, and most importantly God. You may want to ask a church member, friend, or family member to give you perspective.
- Respond
  - What specifically do you need to “put off” and “put on” to take this issue captive for Christ?
  - Repent to the Lord and others asking for forgiveness and stating what you intend to put off and put on to be obedient to the Lord in this area of your sanctification journey.
  - Thank to the Lord for His gracious mercy, patience, and provision in saving, sanctifying, and keeping you through all life challenges and blessings. Ask Him for help in this specific area daily.
  - Be proactive by memorizing, note carding, journaling, and partnering through discipleship for biblical growth (human responsibility)

Next Time (September 22<sup>nd</sup>)

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Part II: Discipling the Suffering