

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 11 // DEALING WITH DELAYS—PART 1

Big Idea: Delays are necessary and valuable lifequakes. They're essential for our development and growth, and for the unique story of God's plan in our lives. We learn from delays that waiting is an important part of life. We also understand in practical ways that our human efforts to solve problems are limited, that our own failed efforts can sometimes add to delays, and that failed human efforts should draw us to God rather than away from Him.

John 5:5-9 (NLT) *One of the men lying there had been sick for thirty-eight years. 6 When Jesus saw him and knew he had been ill for a long time, he asked him, "Would you like to get well?" 7 "I can't, sir," the sick man said, "for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me." 8 Jesus told him, "Stand up, pick up your mat, and walk!" 9 Instantly, the man was healed! He rolled up his sleeping mat and began walking!*

Psalms 40:1-3 (NLT) *I waited patiently for the LORD to help me, and he turned to me and heard my cry. 2 He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. 3 He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD.*

Isaiah 40:31 (MSG) *But those who wait upon GOD get fresh strength. They spread their wings and soar like eagles, they run and don't get tired, they walk and don't lag behind.*

Matthew 19:26 (NIV) *Jesus looked at them and said, "With man this is impossible"*

Luke 15:18 (TLB) *I will go home to my father and say, "Father, I have sinned against both heaven and you."*

Start Talking:

Share about time when you came up against a significant problem you could not solve with your own limited perspective and resources. What did you do at that point?

Start Thinking:

Read John 5:1-9. How can long delays in getting what you hope for test your faith in God?

Read Psalms 40:1-3 and Isaiah 40:31. What do you learn from these verses about the value of "waiting patiently for the Lord"?

Read Matthew 19:26. Why is it important to understand the reality that we are limited in our ability to solve every problem we face? What happens if we fail to acknowledge this?

Read Luke 15:11-24. How can delays—even the ones we create for ourselves—help us draw near to God rather than farther away from Him?

Start Praying and Doing:

Pray for God to help you cultivate patience that looks to Him in the delays of your life. Acknowledge both your limitations and His ability to work for your good in ways you can't understand (see Romans 8:28). Practice patience in small and larger delays you experience this week by drawing close to God and trusting Him rather than just your own ability to solve the issues you face.