

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 12 // DEALING WITH DELAYS—PART 2

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. Life delays can be draining, but waiting well is rewarded!

Psalms 6:1-3 (NLT) *O LORD, don't rebuke me in your anger or discipline me in your rage. 2 Have compassion on me, LORD, for I am weak. Heal me, LORD, for my bones are in agony. 3 I am sick at heart. How long, O LORD, until you restore me?*

Proverbs 13:12 (NIV) *Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.*

2 Corinthians 4:16-18 (NLT) *That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. ¹⁷ For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! ¹⁸ So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.*

Lamentations 3:25-26 (NKJV) *The LORD is good to those who wait for Him, to the soul who seeks Him. 26 It is good that one should hope and wait quietly for the salvation of the LORD.*

Isaiah 55:8-9 (NLT) *"My thoughts are nothing like your thoughts," says the LORD. "And my ways are far beyond anything you could imagine. 9 For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts."*

Start Talking:

How well do you handle delays? What is the hardest part of this for you?

Start Thinking:

Read Psalms 6:1-3 and Proverbs 13:12. In what ways can life delays be draining?

Read 2 Corinthians 4:16-18. What do you learn from these verses about dealing with delays?

Read Lamentations 3:25-26. What are some of the benefits of waiting well on the Lord through times of delay?

Read Isaiah 55:8-9. Why is it important to remember in the midst of delays that God's ways and thoughts are higher than ours? What happens if we fail to do this?

Start Praying and Doing:

Pray for God give you a strong, biblical perspective of eternity that can anchor your heart and mind in times of delay. Meditate on (and even memorize) 2 Corinthians 4:16-18 and look for practical ways this week to apply these verses to your circumstances. This will include understanding that whatever troubles you face are "small" and "won't last very long" in the light of eternity, and responding with faith (and patience!) based on this reality.