

Lead Me Lord: How to make it through moments of suffering?

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Lead me, Lord, lead me in thy righteousness

1 Lead me, Lord, lead me in thy righteousness,
make thy way plain before my face.
For it is thou, Lord, thou, Lord only,
that makest me dwell in safety.

2 Teach me, Lord, teach me truly how to live,
that I may come to know thee,
and in thy presence serve thee with gladness,
and sing songs of praise to thy glory.

“Time and again, in the grit of pain both mental and physical, we need help to rediscover God is with us in a way that doesn’t ignore, dismiss or pacify suffering but offers a redemptive story of suffering and hope.”

Deborah Wilde

Certainty of Suffering

- Man that is born of a woman is of few days, and full of trouble. Job 14:1
- "Many are the afflictions of the righteous: but the LORD delivers him out of them all." Psalm 34:19
- "Yea, and all that will live godly in Christ Jesus shall suffer persecution." 2 Timothy 3:12 The Message Bible states it like this: "Anyone who wants to live all out for Christ is in for a lot of trouble; there's no getting around it."
- "I have told you these things, so that in me (the Word) you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:3

Allow Yourself to Grow through Emotions

- Pain. Sorrow, Anger, Numbness. Crying.
- Ecclesiastes 3:1-2,4 “To everything there is a season. A time to be born, and a time to die...a time to weep, and a time to laugh; a time to mourn, and a time to dance.”
- Express your grief
 - Matthew 5:4 “Blessed are they that mourn, for they shall be comforted”

Being Honest with God (Psalm 74:1-9)

- Ask questions (Psalm 74:1)
- Ask for answers (Psalm 74:2-3)
- Remember, sometimes it may seem as if God is silent and not intervening to help you in any way. (Psalm 74:9)

Yes, but...

Revelation 21:4 “And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.” King James Version (KJV)

Yes, this will happen some day but what about now?

As Believers in Christ, we have will make it:

- God will mend our broken hearts: Psalm 34:18
- God of all comfort 2 Corinthians 1:3-4
- God heals: Psalm 147:3
- God can use our suffering for good: Romans 8:28-29
- We have a reason for hope: 1 Thessalonians 4:13
- We have peace: Philippians 4:6-7

The Goodness in our Suffering

- "It is good for me that I have been afflicted" (Psa. 119:71). Usually when we suffer we can only see the problems involved. Surely if we commit sin as a result, then the suffering is harmful. But if we remain faithful, there are favorable results that can occur. Consider a few.
- Think for a moment of the really important things in life. How many of them are accomplished without hardship? Birth of a baby? Working to care for our families? Our eternal salvation? Suffering is an inherent part of everything good!

The Goodness in our Suffering

Suffering Gives Us Opportunity to Prove Our Commitment to God.

- 1 Peter 1:6,7 - As gold is purified by passing through fire, so the genuineness of our faith is proved by trials. If suffering was limited to sinners and Christians never suffered, all people would want to be Christians, not because they really loved God, but just to avoid earthly problems.
- The fact that Christians suffer too means that suffering "separates the men from the boys" - it shows who is willing to remain faithful even when it is hard to do so. (Acts 5:40-42; 1 Cor. 11:19; 1 Peter 4:12)

The Goodness in our Suffering

Suffering Causes Spiritual Growth.

- James 1:2-4 - Count it joy when we face trials (hardly the natural reaction), because this leads to patience and completeness in God's service. Whoever developed patience when his patience was never tried?
- Romans 5:3-5 - Rejoice in tribulations because they work steadfastness, approvedness, and hope.
- Even in the physical realm, which bones and muscles are the strongest? The ones that face the most hardship. If you lay a block of ice and a block of clay in the sun, one is melted and the other is hardened. The same circumstance produces opposite results.
- Trials defeat some people but strengthen others. It depends on how we deal with them.
- Remember, Suffering and Storms show the strength of your foundation Matthew 7:24-27

The Goodness in our Suffering

Suffering Keeps Us Humble and Dependent on God.

- 2 Corinthians 1:8-10 - Affliction taught Paul not to trust in himself, but in God. God has repeatedly allowed countries to face wars, famines, and hardships when they became independent and failed to trust Him. Often this shows people their need for God.
- 2 Corinthians 12:7-10 - Paul's "thorn in the flesh" was a messenger from Satan, yet God allowed it to remain because it kept Paul from becoming too proud over the many revelations he had received. From weaknesses, God can produce great strength.
- Genesis 50:20 - Joseph explained that his brothers had mistreated him, but God used that as a means to save the family from famine.
- Satan puts trials in our lives to harm us. Yet one of the greatest demonstrations of God's power is His ability to take those problems and use them to accomplish good. The greatest example of this is the death of Christ. Satan intended it as a defeat for God and all mankind, yet it ended up as the salvation of all mankind. (1 Peter 2:21-24)

Going Through Produces Our Testimony

- 2 Corinthians 4:7-11 New King James Version

7 But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. 8 We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; 9 persecuted, but not forsaken; struck down, but not destroyed— 10 always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body. 11 For we who live are always delivered to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh.

Being Equipped to Comfort Others

- 2 Corinthians 1:3-5 “Thanks be to the God and Father of our LORD Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.”
- Suffering gives us compassion for others who are hurting, enabling us to minister more effectively.
- Romans 12:15 “Rejoice with those who rejoice, and weep with those who weep”
- Sufferers want to be ministered to by people who have suffered.
- How can you use those things that broke your heart to help others who may be in the same situation?

Jesus invites us, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light”

(Matthew 11:28-30)

Lead Me to the Rock

- From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I. Psalm 61:2

Lead me to the Rock, Stephen Hurd

When my heart is overwhelmed
I pray Lord lead me to the rock
Lead me to the rock that's higher
than I
O Lord

When my heart is overwhelmed
I'm asking lead to the rock
Lead me to the rock that's higher
than I
O Lord

When the weight of this whole world
Tries to slay me
A strong tower from the enemy
You will be for me

So I need to find this place
Yes the special secret place
I'm assured of Your embrace
The place I call my sanctuary
There You are

Lord, thank you so much that you came for us all. Thank you that even if we do not understand what is happening to me, I can be honest with you when I pray and pour out my heart to you. Thank you that I am not alone in my suffering and I can help others. I may not know why you do what you do, but I can trust you and know that you are still in control. I will understand it better by and by.