

Limiting Sadness
Triggered Part 4 of 5
Pastor Randy Lanthripe
January 29, 2023

How God Responds to Sadness

- **He is aware of our sadness and cares for us (Psalm 56:8)**

Psalm 56:8 (ESV) You have kept count of my tossings; put my tears in your bottle. Are they not in your book?

- **He is near to the brokenhearted (Psalm 34:18)**

Psalm 34:18 (ESV) The LORD is near to the brokenhearted and saves the crushed in spirit.

- **God gives joy amid great difficulty (Psalm 4:7)**

Psalm 4:7 (ESV) You have put more joy in my heart than they have when their grain and wine abound.

Job's Example Amid Great Losses

- He praised God, even in the loss (Job 1:20)

Job 1:20 (ESV) Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped.

- God gave everything and He has the right to take it away (Job 1:21)

Job 1:21 (ESV) And he said, "Naked I came from my mother's womb, and naked shall I return. The LORD gave, and the LORD has taken away; blessed be the name of the LORD."

- He refused to blame God for doing wrong (Job 1:22)

Job 1:22 (ESV) In all this Job did not sin or charge God with wrong.

- He did not sin with his lips (Job 2:9-10)

Job 2:9–10 (ESV) Then his wife said to him, "Do you still hold fast your integrity? Curse God and die."
¹⁰ But he said to her, "You speak as one of the foolish women would speak. Shall we receive good from God, and shall we not receive evil?" In all this Job did not sin with his lips.

- He accepted and submitted to what God had done, even when it was trouble (Job 13:15)

Job 13:15 (ESV) Though he slay me, I will hope in him; yet I will argue my ways to his face.

We need to deal with the waves of sadness by:

- Telling God how we feel (1 Peter 5:7)

1 Peter 5:7 (ESV) casting all your anxieties on him, because he cares for you.

- Ask for His help (Psalm 46:1)

Psalm 46:1 (ESV) God is our refuge and strength, a very present help in trouble.

- Amid our sadness, being confident (trust) that God will do us good in the future (Gen. 50:20)

Genesis 50:20 (ESV) As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

- Speak the truth to ourselves (Psalm 51:6)

Psalm 51:6 (ESV) Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.

- Refuse to give into hopelessness (Proverbs 23:18)

Proverbs 23:18 (ESV) Surely there is a future, and your hope will not be cut off.

God gives comfort amid our losses

- Jesus was a man of sorrows and acquainted with grief (Isa. 53:3)

Isaiah 53:3 (ESV) He was despised and rejected by men, a man of sorrows and acquainted with grief; and as one from whom men hide their faces he was despised, and we esteemed him not.

- Jesus wept over his friend Lazarus' death (John 11:35)

John 11:35 (ESV) Jesus wept.

My Next Step Today is to:

- ☐ For the first time, accept Christ as my Savior and follow Him as Lord
- ☐ Draw close to God to help you work through your grief
- ☐ Stop blaming God and trust Him
- ☐ Memorize Psalm 42:5 to remind you to put your hope in God

Psalm 42:5 Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him For the help of His presence.