

Hope – Part 1 – Week 6 – Post-Hurricane Ian
“How to ‘Go-through’ what we’ve Been through!”
November 6th, 2022

Intro:

- Introducing a new series today called, “Hope,” b/c lets be honest, all of us can use more Hope!

- What we’ve been through can make us feel Hopeless or can make us Hope... LESS!

- But we serve the God of Hope!!!

- For the Next Few Wks, we’re going to be talking about THAT!

- One of our Jump Verses for the next few weeks...

Romans 15:13 “Now may the God OF hope fill you with all joy and peace as you believe in Him, so that you may overflow with hope by the power of the Holy Spirit.” (BSB)

- Not b/c all of our Circumstances are perfect, but b/c HE is perfect!!!

- Today, we’re going to talk about “How to Go-through what we’ve Been-through!”

PRAY - Most of the Time, when people go thru a Traumatic Event or Season, they adopt a “JUST GET THRU IT” Mindset!

but God doesn’t ~~call~~ ^{wants} us to “Get through it,” He ~~calls~~ ^{wants} us to “Go through” it!!!

- We must not “Get Through” it, we must “Go through” it!

~~ONCE A YEAR MY CLOSET W/ BOOKS ILL.~~

- BIG BOX ILL. – What we’ve been thru is Collecting in our Souls!

- Afterwhile, the Box can make us Feel HOPELESS!!!

- At some point, you have to “Go Through” what’s Collected!

~~Take it all out, examine it & deal with it.~~

~~Psalm 43:5 “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God.”~~

2 Truths about our Heart:

*** Undealt with "Stuff" can take up a lot of room in our heart.**

- (Loss, Disappointment & Grief)

A. KEEPING A BALL UNDERWATER ILL.

- That stuff is down there, under the surface & the longer it stays there, the more work it takes for us to keep it contained & hidden.

C. The More we have "under water," the more energy & effort it takes to keep those things under water & the less energy we have to give to God.

D. DAVID WHEN JONATHAN STABBED HIM IN THE BACK ILL.

- David went through a "Storm Season" – His was betrayal, but it was a Storm, nonetheless.

Psalm 55:1-3 "Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying, because of the threats of the wicked;

(Listen to his description of this season...)

"...for they bring down suffering on me and assail me in their anger. My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me." *A lot in the Box!*

- ~~Sounds like what we've been through as a Region, huh?~~
- ~~David has all this pent-up grief & pain from betrayal that he can't hold it down anymore!!!~~

E. MIP: Church: What we've been through is a lot!

Say WE, then YOU!!!

We/You! - What you've Lost Matters. - Your Trauma & Pain Matters.
~~- It matters to God. - To us - & To your Future.~~

"If we're not careful..."

*** We can end up with a Numb Soul.**

Psalm 55:7 "I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert;"

- David just wants it all to be over!
- He just wants to ignore it & run away from it all!

- He just wants "Get Thru" it!!!

A. MIP: If we're not careful, & if we're not intentional with our souls, over time, our soul can Go Numb! Some of us already have!!!

- God doesn't want that, He wants to bring them back to life again!

- God doesn't want us to "JUST GET THRU IT," He wants us to Become so much More Blc of This!
(not just "Get thru" but...)

? How do we ^"Go Through" what we've Been through?

It!

1. Name what we've been through. (Plural) (Our hurt, pain & loss)

A. We've got to take all we've been through Out of the Box & Name it!

- There is something powerful about saying our Losses, Disappointments & Ungrieved Grievs out loud.

- Tell your story / Slow Down / Say it Out Loud!

↳ "What's it been Like these Last Several Weeks?"

B. Be Honest!!!

- "I lost my House / Roof / Car / Trees / My Deductible / My Income / Time / Focus / Momentum / Joy / Peace / Hope."

- MWK – DONKEY MISSION LAUNCH

- Honesty is Kindness. (Eldredge)

- & Kindness is a Fruit of the Spirit.

- We often think of Kindness toward Others, but not for ourselves.

C. David named his Loss, his Grief & his Disappointment.

- He literally named the person!

Psalm 55:12-14 "If an enemy were insulting me, I could endure it; if a foe were rising against me, I could hide. But it is you, a man like myself, my companion, my close friend, with whom I once enjoyed sweet fellowship at the house of God, as we walked about among the worshipers."

- You were my best friend & you stabbed me in the back!!!

- You were close to me, in my inner circle & this is how you treated me!

2. Give yourself Permission to Feel & to Grieve what you've Lost.

Grieve It.

A. Most of the time, we avoid these places in our heart with Noise & Busyness.

- Especially in a season like this, it's so easy to just Run, Run, Run!!!
- & never Sit Down & Slow Down w/ our Heart!!!

 B. Church: You have Permission to Feel what you Feel.


- Anger, Sadness, Grief, Pain, Heartache.
- God's not thrown by your Vulnerability.
- David felt Real Emotions:

Psalm 55:15 "Let death take my enemies by surprise; let them go down alive to the realm of the dead, for evil finds lodging among them." - Yikes!!!

C. Don't apologize for what you feel!!!

- How often we say "I'm sorry," when we cry.
- OUR SOCIETY!!!

- **Permission to be Sad!** - What you've been through is Real!!!
- **Permission to be Angry.**
- Be angry, but sin not.

 - Anger & Sadness isn't a sign that something is wrong with you, it's a sign that something is wrong with the world.

D. MAYBE YOU NEED TO GET A NEW JOURNAL...

- Journaling helps us get out what's in here!

 3. Invite Jesus to Heal you in your Wounded & Broken Places.

- A. God wants us to feel what we feel, but He doesn't want us to stay there!
- He longs to heal us!
 - David expressed his anger & sadness & then said...

Psalm 55:16-18 "As for me, I call to God, and the Lord saves me. Evening, morning and noon I cry out in distress, and he hears my voice. He rescues me unharmed from the battle waged against me, even though many oppose me."

- All we've gone thru*
- This is the Goal: That we can come through ~~whatever we're going through~~ & not be harmed.
 - This is where HOPE comes from!!!
 - God doesn't want us to come out of this season w/ Bitterness, but with Gratefulness for His Great Grace & Love!!!

4. Be aware of what your soul needs on a daily basis going forward.

A. This is not going to be a One-&Done thing!

- We probably need to Stop & do this 1-2 x/s / week right now!
- Every ~~time~~ ^{*day*} you hear another story, have another interaction, have to deal w/ something or someone, ^{*Extra*} more stuff is going to get thrown into the box!
- This is a Season of Sticking!
- Stuff is getting stuck to our soul all the time!!!

B. We probably need less "Distraction" too!

- There's a Huge Difference between "Relief & Restoration."
- Your soul may not need Netflix, News or Social Media right now.
- Your soul may not need more Caffeine, or Alcohol, or Stimulation.
- Your soul may not need to be ON non-stop for a while.

C. You know what your soul does need: More Quiet, More Worship, More Word, More Community, More Calm, More Care.

- We've got to Create Space to "Go through" what we've been through!

Psalm 55:22 "Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken."

Psalm 23:2 "He makes me lie down in green pastures. He leads me beside still waters."

- We're going to do that right now!
- Some of you need to start emptying the box right now!

A Couple of Practicals:

- 1) GET YOUR LIFE BACK BOOK**
- 2) ONE MINUTE PAUSE APP - SLIDE**

Time of Worship

“All My Life You have been Faithful... All my life you have been so-so good!”