

Soul Activity: Pain

Sermon Notes March 31st, 2019

Proverbs 4:23-27

- ²³ Above all else, guard your heart, for everything you do flows from it.
²⁴ Keep your mouth free of perversity; keep corrupt talk far from your lips.
²⁵ Let your eyes look straight ahead; fix your gaze directly before you.
²⁶ Give careful thought to the paths for your feet and be steadfast in all your ways.
²⁷ Do not turn to the right or the left; keep your foot from evil.

Be aware that we are in a war for our souls.

Genesis 21:8-21

- ⁸ The child grew and was weaned, and on the day Isaac was weaned Abraham held a great feast. ⁹ But Sarah saw that the son whom Hagar the Egyptian had borne to Abraham was mocking, ¹⁰ and she said to Abraham, "Get rid of that slave woman and her son, for that woman's son will never share in the inheritance with my son Isaac."
¹¹ The matter distressed Abraham greatly because it concerned his son. ¹² But God said to him, "Do not be so distressed about the boy and your slave woman. Listen to whatever Sarah tells you, because it is through Isaac that your offspring will be reckoned. ¹³ I will make the son of the slave into a nation also, because he is your offspring."

Pain can cause us to do the right thing in the wrong way.

Genesis 21:14-21

- ¹⁴ Early the next morning Abraham took some food and a skin of water and gave them to Hagar. He set them on her shoulders and then sent her off with the boy. She went on her way and wandered in the Desert of Beersheba.
¹⁵ When the water in the skin was gone, she put the boy under one of the bushes. ¹⁶ Then she went off and sat down about a bowshot away, for she thought, "I cannot watch the boy die." And as she sat there, she began to sob.

Pain and trauma can cause us to make irrational decisions.

Genesis 21:17-18

- ¹⁷ God heard the boy crying, and the angel of God called to Hagar from heaven and said to her, "What is the matter, Hagar? Do not be afraid; *God has heard the boy crying as he lies there*. ¹⁸ Lift the boy up and take him by the hand, for I will make him into a great nation."

Genesis 16:11

- ¹¹ The angel of the Lord also said to her: "You are now pregnant and you will give birth to a son. You shall name him Ishmael, for the Lord has heard of your misery.

Ishmael - The God who Hears

Genesis 16:13-15

- ¹³ She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." ¹⁴ That is why the well was called Beer Lahai Roi; it is still there, between Kadesh and Bered.
¹⁵ So Hagar bore Abram a son, and Abram gave the name Ishmael to the son she had borne. ¹⁶ Abram was eighty-six years old when Hagar bore him Ishmael.

El Roi - The God Who Sees

God is not absent in our pain.

God intervenes in the midst of our pain by hearing and seeing and sometimes acting.

Genesis 21:19

- ¹⁹ Then God opened her eyes and she saw a well of water. So she went and filled the skin with water and gave the boy a drink.

Pain can cause us to not see the opportunities around us where God wants us to join Him.

Genesis 21:20-21

- ²⁰ God was with the boy as he grew up. He lived in the desert and became an archer. ²¹ While he was living in the Desert of Paran, his mother got a wife for him from Egypt.

Pain has a way of moving us away from faith and trust. Pain has a way of diminishing our hope.

Romans 8:26-28

²⁶ In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. ²⁸ And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Two Ingredients for Healing

1) God in His mysterious ways, always seems to bring about good out of our pain if we fight for hope. Fighting for hope is wrestling with God and embracing God at the same time.

2) Hope & healing is experienced through real relationships. Hurting when others hurt is called empathy. Empathy is the beginning to experiencing healing. Empathy at its core is making a statement to people that we hear them and see them.

Exodus 15:26

...for I am the Lord, who heals you.

2 Kings 20:5

'This is what the Lord, the God of your father David, says: I have heard your prayer and seen your tears; I will heal you.

Psalms 147:3

³ He heals the brokenhearted and binds up their wounds.

1 Peter 2:21-25 The Message

This is the kind of life you've been invited into, the kind of life Christ lived. He suffered everything that came his way so you would know that it could be done, and also know how to do it, step-by-step.

He never did one thing wrong,
Not once said anything amiss.

They called him every name in the book and he said nothing back. He suffered in silence, content to let God set things right. He used his servant body to carry our sins to the cross so we could be rid of sin, free to live the right way. ***His wounds became your healing***. You were lost sheep with no idea who you were or where you were going. Now you're named and kept for good by the Shepherd of your souls.

"Sometimes we need to struggle with the tragedy of life to understand the gravity of love." -Mr. Rodgers