

# "What To Do When It All Goes Wrong!"

## Part 2

### I realize this is a heavy subject...

\*Women's Jokes!

### Last Week...

\*The book of Lamentations is based on the destruction of Jerusalem by the Babylonians in 587 BC and it's aftermath.

\*Hard for us to realize how complete the destruction was.

\*Highlight on page 697 in the Expositor's Bible Commentary

### How do we deal with loss?

#### Lessons from Lamentations:

1. Mourn, don't medicate. (Drugs, food, relationships, fun, etc.)
2. Hope, don't hate. (Blame the hand vs. Trusting the heart)
3. Wait
4. Repent

#### **Wait, don't wallow.**

\*Wallow = to roll about or lie in water, snow, mud, dust, or the like, *as for refreshment*

-We're gonna get "down and dirty", tonight!

-Story of Brutus at the beach...

-Why is it that we often gravitate to the negative and tend to focus on our past, our pains and our problems?

-“As a refreshment”: Dog do illustration...

“Let me tell you what they did to me!”

“It's not fair!”

“I'll show them!”

-Could it be that the stench and the filth is what we have become used to? Or, perhaps, we really don't know of a better way to deal with our loss.

-Wallowing is choosing to deal with your situation now rather than waiting for the Lord to bring about change.

- \*Wait = to remain inactive or in a state of repose, as until *something expected* happens
- In order to wait, we must have expectation, also known as faith! (Do you really believe good things are ahead?)
- Read Lam. 3:24-33 = Preach!
- When we wait, we don't bring additional damage to ourselves or others.
- When we wait, we give the Lord a chance to move.
- Read Isaiah 40:31
- Only when we wait do we receive the strength to truly move on!
- You see, waiting is the better way!
- Don't dismiss this important step when it all goes wrong!

### **Repent, don't rebel.**

- \*Read Lam. 3:43-54.
  - The message of Lamentations, just like our lives, is sometimes very harsh.
  - Rebellion under the conditions just described might not seem like such a bad idea at first.
  - But, we lack the perspective that only God has.
  - Read Isaiah 55:9
- \*A proper response in the face of disaster and loss is found in Lamentations 3:40-42.
  - Share my response when Holly left me...  
"Don't let me go through this pain and not change!"
  - Repent = to turn to God
  - If we will turn to God when disaster and loss strike our lives Lam. 3:55-58 will become true for us!
  - When it all goes wrong, turn to the Lord!

### **Medicate, Hate, Wallow & Rebel vs. Mourn, Hope, Wait & Repent...**

### **Discussion Questions...**