

Overcoming Disappointments

August Sermon Series

When Life is Hard

Lesson Four



“Life is a circle of happiness, sadness, hard times, and good times. If you are going through a hard time, have faith that good times are on the way.”

“We are not given a good life or a bad life. We are given life. And it is up to you to make it good or bad.”

Be gracious to me, O Lord, for I am in distress; my eye is wasted from grief; my soul and my body also. For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.

Psalm 31:9-10 (ESV)

**“To trust God in the light is nothing
but trust Him in the dark – that is
faith.”**

C.H. Spurgeon

**“Why are you cast down, O my soul,
and why are you in turmoil within
me? Hope in God; for I shall again
praise Him, my Salvation and my
God.”**

Psalm 42:5-6

Remembering is crucial.



**THREE THINGS TO
REMEMBER WHEN LIFE IS HARD:**



1. REMEMBER GOD'S PAST FAITHFULNESS.



Deuteronomy 8:2, 4-5 (NKJV), And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. Your garments did not wear out on you, nor did your foot swell these forty years. You should know in your heart that as a man chastens his son, so the LORD your God chastens you.

1 Samuel 17:37 (NIV), “The Lord who delivered me from the paw of the lion and from the paw of the bear, He will deliver me from the hand of this Philistine.”

Deuteronomy 4:9 (NIV), “Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them fade from your heart as long as you live. Teach them to your children and to their children after them.”

**Lamentations 3:22-23 (NJV), It is of the Lord 's
mercies that we are not consumed, because
His compassions fail not. They are new
every morning: great is thy faithfulness.**

**Psalm 66:20, “Praise be to God,
who has not rejected my prayer or
withheld His love from me!”**



2. REMEMBER GOD'S LOVE AND PURPOSE IN SUFFERING.

**“Life is 10% what happens to you
and 90% how you respond to it.”**



**Suffering forces us to turn from trust
in our own resources to living by faith
in God's resources.**

Deuteronomy 8:2-6 (ESV), And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not.

And He humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that He might make you know that man does not live by bread alone, but man lives by every word. So you shall keep the commandments of the LORD your God by walking in His ways and by fearing him.

Deuteronomy 8:17-19 (ESV), Beware lest you say in your heart, 'My power and the might of my hand have gotten me this wealth.' You shall remember the LORD your God, for it is He who gives you power to get wealth, that He may confirm His covenant that He swore to your fathers, as it is this day. And if you forget the LORD your God and go after other gods and serve them and worship them, I solemnly warn you today that you shall surely perish.

A Word About Remembering God's Love:



**Lamentations 3:21-23 21 (NKJV), This I
recall to my mind; Therefore, I have hope.
Through the Lord's mercies we are not
consumed, Because His compassions fail
not. They are new every morning; Great is
Your faithfulness.**

God's Love Is:

✓Wide

✓Long

✓High rising

✓Deep

THREE PURPOSES FOR SUFFERING:



RELIANCE: II Corinthians 1:8-9, For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. Yes, we had the sentence of death in ourselves, that we should not trust in ourselves but in God who raises the dead.

RIGHTEOUSNESS: Hebrews 12:6, 10-11. “The Lord disciplines the one He loves and chastises every son whom He receives.” . . . He disciplines us for our good, that we may share His holiness. For the moment, all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of *righteousness* to those who have been trained by it.

**REWARD: II Corinthians 4:17, This
light momentary affliction is preparing
for us an eternal weight of glory
beyond all comparison.**

**3. REMEMBER
GOD'S PROMISES OF A
FUTURE HOPE.**



Remembering God's promise is an active choice to trust that God will never abandon us, even in the moment of our greatest need and disappointments.

**“The hardest thing in life is
letting go of what you thought
was real.”**



Deuteronomy 8:7,10 (NET), For the LORD your God is bringing you to a good land, a land of brooks, springs, and fountains flowing forth in valleys and hills, You will eat your fill and then praise the LORD your God because of the good land he has given you.

**The Lord will fight for you; you need only to be
still.**

Exodus 14:14

Psalm 13:1-2, How long, Lord? Will you forget me forever? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?"

Jeremiah 29:11-14, For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. ¹² Then you will call upon Me and go and pray to Me, and I will listen to you. ¹³ And you will seek Me and find Me, when you search for Me with all your heart.

¹⁴ I will be found by you, says the LORD, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the LORD, and I will bring you to the place from which I cause you to be carried away captive.

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- ✓ **God Is There, and He Is Thinking About You.**
 - ✓ **God Is There and You Can Discover Him - "Ye Shall Seek Me and Find Me."**

**“When life comes at you,
come back twice as hard.”**



**“When life gets too hard to
stand... kneel.”**

