

Bah Humbug

Opening video: [Why? A Thanksgiving Comedy | Skit Guys Studios | WorshipHouse Media](#)

I. Gratitude

Give thanks to the Lord for He is good. His love endures forever. Give thanks to the God of gods. His love endures forever. (*Psalm 136:1-2*)

Give thanks to the God of heaven, for His love endures forever (*Psalm 136:26*)

II. When it's getting ugly

How deserted lies the city, once so full of people! How like a widow is she, who once was great among the nations! She who was queen among the provinces has now become a slave. Bitterly she weeps at night, tears are on her cheeks. (*Lam 1:1-2*)

This is why I weep and my eyes overflow with tears. No one is near to comfort me, no one to restore my spirit. My children are destitute because the enemy has prevailed. (*Lam 2:16*)

Those killed by the sword are better off than those who die of famine; racked with hunger, they waste away for lack of food from the field. (*Lam 4:9*)

Remember, LORD, what has happened to us; look, and see our disgrace. Our inheritance has been turned over to strangers, our homes to foreigners. We have become fatherless, our mothers are widows. (*Lam 5:1-3*)

I am the man who has seen affliction by the rod of the Lord's wrath. He has driven me away and made me walk in darkness rather than light; indeed, he has turned his hand against me again and again, all day long. (*Lam 3:1-3*)

III. Yet, there's hope

Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him." The LORD is good to those whose hope is in him, to

the one who seeks him; it is good to wait quietly for the salvation of the LORD.
(*Lam 3:21-26*)

IV. Assessing our past, present, and future

[A Christmas Carol by Charles Dickens \(Book Summary\) - Minute Book Report - YouTube](#)

[A Christmas Carol 2009 Scrooge & Marley Firm Scene - YouTube](#)

1. What are some things that happened in your past that shaped who you are, for better or worse?
2. What are some things in your present circumstances that control you?
3. What will your future look like, if you change nothing about yourself?
4. What might your preferred future look like assuming you make some changes?

V. Hope

A. Psychologists' prescription

- Emphasis on strengths
- Reframe negative thoughts
- Practice hopeful thinking
- Increase self-awareness and self-esteem
- Hang-out with hopeful people
- Practice gratitude
- Reinforcing positive affect
- Training resilience and finding purpose

B. The source of real hope

I find rest in God. Only He gives me hope. (*Ps 62:5*)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (*Rom 15:13*)

In His great mercy He has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. (*1 Pet 1:3*)