

# **Finding Hope When Everything Falls Apart: Lessons from Habakkuk 3:16-19**

When life crumbles around us, and everything we hold dear seems to slip away, how do we respond? The prophet Habakkuk faced this exact situation as he watched his nation prepare for destruction, yet his response offers us a powerful blueprint for navigating our darkest moments.

## **Can You Follow God and Still Have Questions?**

One of the most liberating truths from Habakkuk's story is that followers of God can have questions and emotions. You can follow God and have questions about God. You can praise God and be confused. You can love God and be upset all at the same time.

Habakkuk demonstrates this beautifully. Even after spending verses praising God and acknowledging His power, he admits his terror about what's coming. In Habakkuk 3:16, he describes how he "trembled within," his "lips quivered," and "rottenness entered my bones." He's absolutely terrified, yet God doesn't abandon him for feeling this way.

## **When Was the Last Time You Poured Out Your Heart to God?**

Too often we avoid telling God how we really feel, thinking we don't want to trouble Him. But God already knows everything about us better than we do ourselves. Are you sad? Upset? Confused? God already knows, so bring it to Him honestly.

## **What Does It Mean to Fix Your Eyes on God?**

The central message of Habakkuk's final chapter is clear: fix your eyes on God. No matter what we're going through, it's always the right time to redirect our focus toward Him rather than our circumstances.

## **Where Are Your Eyes?**

Simply put, are you fixed on Christ? Do you find all your direction and meaning from Christ, or are your eyes fixed on yourself, hoping you can figure out a path forward on your own?

When we fix our eyes on Jesus, we find our hope in Him. This happens through repenting and believing in Jesus, turning away from sin, and declaring Him Lord of our lives.

## **Find a New Mission for Your Life**

Following Jesus isn't just about living differently—it gives us a completely new mission. After Jesus rose from the dead, He called us to go and make disciples. When we're actively engaged in this mission, it becomes harder to get caught up in anxiety, worry, anger, or depression.

Here are four practical steps for making disciples:

1. Invest in someone around you—give them time, attention, and genuine love
2. Invite them into your life by sharing the gospel with them
3. Involve them by helping them walk with God and connecting them to solid, Christian community
4. Ignite by going with them to help reach more people

This is relational ministry. Relational ministry takes our eyes off ourselves and our struggles, placing them back on God and the cross.

## **How Do You Respond When Everything Falls Apart?**

Habakkuk paints a devastating picture in verse 17: "Though the fig tree does not bud and there is no fruit on the vines, though the olive crop fails and the fields produce no food, though the flocks disappear from the pen and there are no herds in the stalls."

This describes complete desolation—no enjoyment, no money, no food, no life. Everything Habakkuk knew and loved was being destroyed. Yet look at his response in verse 18:

"Yet I will celebrate in the Lord. I will rejoice in the God of my salvation. The LORD, my Lord is my strength. He makes my feet like those of a deer and enables me to walk on mountain heights."

### **A God-Honoring Response to Tragedy**

Rather than complaining, Habakkuk praises God. Rather than denying reality or living in denial, he rejoices in the face of certain persecution. Rather than losing heart, he celebrates God. Rather than turning to politics or worldly solutions, he counts on the Lord.

This is how we should respond to tragedy—by celebrating the Lord and rejoicing in the face of difficulty because we're focusing our eyes on Jesus.

## **Where Is Your Heart?**

What do you long for most? If left totally to your own devices, what do you seek out and crave the most?

### **Immerse Yourself in God**

When we find our hearts far from God, longing for worldly things instead of Him, we need to immerse ourselves in God. The early church in Acts 2:42-47 devoted themselves to fellowship, teaching, prayer, and sharing meals together. They immersed themselves in the things of God daily.

When we're struggling and feel distant from God, we're called to find community with other believers and turn our attention fully toward Jesus. As the old hymn says, "And the things of earth will grow strangely dim" when we fix our eyes on Him.

### **Why Do We Turn Elsewhere When We Know Jesus Is the Answer?**

We know Jesus is the solution to our hurt and emptiness, yet when we're struggling, we often turn to social media, work, television, or other distractions instead of running to Him. Let Jesus be the thing you turn to. Immerse yourself in Him so you can pour out to others around you.

## **What Are Your Words Revealing About Your Heart?**

Words are powerful—they both reveal where our heart is and can direct our heart toward negativity or positivity. Do your words paint a picture of peace, satisfaction, and contentment, or do they reflect dissatisfaction and anger?

### **Change the Way You Speak**

We need to change how we speak when going through hard times. Instead of venting and ruminating over negative situations, we should use our words to direct ourselves and others toward praising God.

The way we speak when suffering reveals how we view God. Our words during difficult times become a true test of our character and faith.

## **Life Application**

This week, challenge yourself to fix your eyes on God in three specific ways:

1. Where are your eyes? Make a conscious effort to find your hope in Christ rather than in your circumstances. If you haven't already, repent and believe in Jesus. Then find someone to invest in, invite into your life, involve in community, and help ignite their own mission of making disciples.
2. Where is your heart? If you find your heart longing for worldly things instead of God, immerse yourself in Him through His Word and Christian community. Spend intentional time in prayer, Bible study, and fellowship rather than turning to social media, entertainment, or other distractions when you're hurting.
3. What are your words? Pay attention to how you speak about difficulties this week. Instead of complaining or venting, practice using your words to direct yourself and others toward praising God, even in hard circumstances.

### **Questions for Reflection:**

- When facing difficulty, do I turn to God first or try to handle things on my own?
- What does my speech reveal about where I'm finding my hope and strength?
- How can I actively invest in making disciples this week instead of being consumed by my own worries?
- Am I immersing myself in God's presence and community, or am I seeking fulfillment elsewhere?

***Remember Habakkuk's powerful example: even when everything falls apart, we can say "Yet I will celebrate in the Lord" because our strength comes from Him, not our circumstances.***

# When Everything Seems Lost: Habakkuk 3:16-19 Discussion Guide

## Summary

Habakkuk 3:16-19 wraps up the book of Habakkuk by focusing on the prophet's response to God's revelation that Israel will be destroyed by Babylon. Despite facing complete desolation - no food, no money, no hope from a worldly perspective - Habakkuk chooses to rejoice in God. The pastor emphasizes that followers of God can have questions and emotions while still praising Him. Habakkuk demonstrates how to face calamity with courage by fixing his eyes on God rather than circumstances.

Habakkuk 3:16-19 challenges believers to respond to difficulty not with anger, despair, or political solutions, but with praise and trust in God. Using examples from Acts and modern testimonies, the pastor illustrates how Christians throughout history have rejoiced in suffering. The sermon concludes with practical steps for maintaining faith during hard times: fixing our eyes on God through missional living, immersing our hearts in God through community and Scripture, and changing our words to reflect praise rather than complaint.

## Intro Prayer

Heavenly Father, as we gather together to study Your Word, we ask that You would open our hearts and minds to what You want to teach us today. Help us to be receptive to Your Spirit's leading and to see how Habakkuk's example can transform our own response to difficulty. Remove any distractions or preoccupations that might keep us from fully engaging with Your truth. Give us courage to examine our own hearts honestly and to apply what we learn. We pray that our time together would draw us closer to You and to one another. In Jesus' name we pray, Amen.

## Ice Breaker

What's one thing you're looking forward to this week, and what's one thing you're dreading or anxious about?

## Key Verses

1. Habakkuk 3:16-19
2. James 1:2-4
3. Acts 2:42-47
4. Acts 5:33-42

## Questions

1. Habakkuk trembled and was physically affected by God's message about coming destruction. How do you typically respond physically and emotionally when facing difficult news or circumstances?
2. Pastor Daniel mentioned that 'you can follow God and have questions of God.' How does this truth change the way you approach God during confusing or painful seasons?

3. Habakkuk chose to 'quietly wait' for God's judgment rather than trying to change God's mind. What does patient waiting on God look like in practical terms for your current situation?
4. In verses 17-18, Habakkuk lists everything that could go wrong, then says 'Yet I will celebrate in the Lord.' What would your own list of potential disasters look like, and how easy would it be for you to follow it with praise?
5. Going and making disciples helps us focus less on our own anxiety. How might investing in others' spiritual growth change your perspective on your current struggles?
6. Where do you typically turn first when facing difficulty - social media, work, entertainment, or God? What would it look like to 'immerse yourself in God' instead?
7. Pastor Daniel challenged us to 'change the way you speak' during hard times. How do your words during difficulty reflect your view of God, and what needs to change?
8. Habakkuk's message was meant to be sung by a congregation facing destruction. How can we encourage others to praise God even when circumstances seem hopeless?

## Life Application

This week, identify one area of anxiety or difficulty in your life. Instead of complaining about it or trying to solve it on your own, practice Habakkuk's response: acknowledge your emotions to God honestly, then choose to praise Him despite the circumstances. Additionally, reach out to someone in your life who needs encouragement and invest time in them, sharing how God has been faithful to you even in hard times.

## Key Takeaways

1. You can follow God and have questions of God - praise and confusion can coexist in the believer's life
2. When facing calamity, fix your eyes on God rather than circumstances by finding a new mission in making disciples
3. Immerse yourself in God through His Word and community when your heart feels distant from Him
4. Change the way you speak during difficulties - let your words reflect praise rather than complaint
5. True strength comes from rejoicing in God even when everything else fails or disappoints

## Ending Prayer

Father God, thank You for Habakkuk's powerful example of praising You in the midst of devastating circumstances. Help us to fix our eyes on You when our world feels like it's falling apart. Give us the courage to bring our honest emotions to You while still choosing to rejoice in Your goodness and faithfulness. Transform our hearts to long for You above all else, and change our words to reflect trust rather than complaint. Help us to invest in others and make disciples, knowing that this mission helps us keep our focus on You rather than our problems. When we face our own seasons of waiting and uncertainty, remind us that You are our strength and that in You we lack nothing. Thank You that we can celebrate in You no matter what circumstances we face. In Jesus' name we pray, Amen.

# When Everything Seems Lost: Daily Devotions

## Day 1: Questions and Faith Can Coexist

**Devotional:** Have you ever felt guilty for questioning God while still believing in Him? Many of us struggle with the idea that having doubts somehow makes us less faithful. But what if I told you that some of the most faithful people in Scripture wrestled with questions? Life has a way of throwing curveballs that leave us confused and searching for answers. Maybe you're facing a job loss, a health scare, or a relationship that's falling apart. In these moments, it's natural to wonder where God is and why He's allowing these things to happen. The beautiful truth is that God isn't threatened by our questions or surprised by our confusion. He created us as thinking, feeling beings who naturally seek understanding. When we bring our honest questions to Him, we're actually demonstrating trust - we believe He's big enough to handle our doubts and loving enough to meet us in them. Think about a close friendship in your life. The relationships that grow stronger are often the ones where you can be completely honest, even when you don't understand everything about the other person. Your relationship with God works the same way. He wants your authentic heart, not a performance of perfect faith. Today, instead of hiding your questions or feeling ashamed of your confusion, consider bringing them directly to God. He's not waiting to condemn you for your doubts - He's waiting to walk through them with you. Your questions don't disqualify you from following Him; they might actually be the very thing that draws you closer to His heart.

**Bible Verse:** 'Consider it a great joy, my brothers and sisters, whenever you experience various trials, because you know that the testing of your faith produces endurance. And let endurance have its full effect, so that you may be mature and complete, lacking nothing.' - James 1:2-4

**Reflection Question:** What questions about God or your circumstances have you been afraid to voice, and how might bringing these honestly to God actually strengthen rather than weaken your faith?

**Quote:** "You can follow God and have questions of God. You can praise God and you can be confused. You can love God and be upset all at the same time."

**Prayer:** God, thank You for being big enough to handle my questions and patient enough to walk through my confusion with me. Help me to bring my honest heart to You, knowing that You love me even in my doubts. Give me the courage to trust You even when I don't understand everything. Amen.

## Day 2: Fix Your Eyes on the Right Target

**Devotional:** Where do your eyes naturally go when life gets overwhelming? Most of us instinctively focus on the problem - the medical diagnosis, the financial stress, the broken relationship. We analyze every angle, replay every conversation, and imagine every possible outcome. But what if this natural response is actually making things worse? Imagine you're learning to ride a bike. If you stare at the pothole you're trying to avoid, you'll likely steer right into it. But if you fix your eyes on where you want to go, you'll naturally navigate around the obstacles. The same principle applies to our spiritual lives. When we fix our eyes on our circumstances, they become magnified and overwhelming. Every problem seems insurmountable, every setback feels permanent, and every fear grows larger. But when we intentionally shift our focus to God - His character, His promises, His faithfulness - our perspective begins to change. This doesn't mean we ignore reality or pretend problems don't exist. It means we choose to view our circumstances through the lens of God's sovereignty rather than viewing God through the lens of our circumstances. When we fix our eyes on Him, we remember that He's bigger than our problems, more faithful than our fears, and more powerful than our pain. Fixing our eyes on God is a daily choice, not a one-time decision. It requires intentional effort to redirect our thoughts, our conversations, and our energy toward Him. But as we practice this discipline, we discover that our problems don't disappear, but our capacity to handle them with peace and hope increases dramatically.

**Bible Verse:** 'They devoted themselves to the apostles' teaching, to the fellowship, to the breaking of bread, and to prayer. Everyone was filled with awe, and many wonders and signs were being performed through the apostles. Now all the believers were together and held all things in common. They sold their possessions and property and distributed the proceeds to all, as any had need. Every day they devoted themselves to meeting together in the temple, and broke bread from house to house. They ate their food with joyful and sincere hearts, praising God and enjoying the favor of all the people. Every day the Lord added to their number those who were being saved.' - Acts 2:42-47

**Reflection Question:** What specific practices or habits could you implement in your daily routine to help you fix your eyes on God rather than being consumed by your circumstances?

**Quote:** "We are called to fix our eyes on God. That's what I want to challenge us with. To fix our eyes on God on a daily basis."

**Prayer:** Lord, help me to fix my eyes on You today and every day. When my circumstances feel overwhelming, remind me to look up rather than around. Give me the discipline to seek You first and trust in Your goodness, even when I can't see the full picture. Amen.

## Day 3: From Anxiety to Action

**Devotional:** Anxiety has a way of making us feel trapped in our own minds. We replay worst-case scenarios, worry about things beyond our control, and often find ourselves paralyzed by fear. But what if there was a powerful antidote to anxiety that also served God's greater purpose? When we're consumed with our own problems, we naturally become self-focused. Every conversation revolves around our struggles, every prayer centers on our needs, and every thought circles back to our fears. This inward spiral often intensifies our anxiety rather than relieving it. But something remarkable happens when we shift from being self-focused to being others-focused. When we invest in someone else's life, share the hope we have in Christ, or serve another person by loving them, our perspective begins to change. Suddenly, our problems don't seem as overwhelming because we're reminded that we're part of something bigger than ourselves. This isn't about ignoring your struggles or pretending they don't matter. It's about discovering that one of the most effective ways to find peace in your own life is to be a source of peace in someone else's life. When you're actively making disciples - investing in others, sharing the gospel, building community - you're reminded of God's faithfulness and power in ways that directly combat anxiety. Think about the last time you helped someone else through a difficult situation. Didn't you find that your own problems seemed more manageable afterward? That's not a coincidence - it's God's design. He created us to find purpose and peace through serving others and advancing His kingdom.

### **Bible Verse:**

'After they called in the apostles and had them flogged, they ordered them not to speak in the name of Jesus and released them. Then they went out from the presence of the Sanhedrin, rejoicing that they were counted worthy to be treated shamefully on behalf of the Name. Every day in the temple, and in various homes, they continued teaching and proclaiming the good news that Jesus is the Messiah.' - Acts 5:40-42

**Reflection Question:** Who in your life could benefit from your investment of time and love, and how might focusing on their needs help shift your perspective away from your own anxieties?

**Quote:** "If we are going and making disciples, if we are bringing the gospel to the people around us, it is harder for us to get caught up in anxiety, in worry, in anger, and in depression, because we are focusing on God!"

**Prayer:** Father, when anxiety threatens to overwhelm me, help me to remember that I can find peace through loving and caring for others. Show me someone I can invest in today, and use my willingness to make disciples as a way to combat my own fears and worries. Amen.



## Day 4: Choosing Joy in the Storm

**Devotional:** What does it look like to celebrate when everything is falling apart? Most of us would think that's either impossible or inappropriate. Yet there's something profoundly powerful about choosing joy in the midst of genuine hardship. We live in a culture that tells us our emotions should always match our circumstances. If things are going well, we should be happy. If things are difficult, we should be sad or angry. But what if this approach actually keeps us trapped in a cycle of emotional instability? Choosing to rejoice in God doesn't mean pretending everything is fine or putting on a fake smile. It means recognizing that our circumstances, no matter how difficult, don't define our ultimate reality. Our ultimate reality is that we serve a God who is good, faithful, and sovereign over every situation we face. When we choose to celebrate God in the storm, we're making a declaration that He is bigger than our problems. We're stating that our hope isn't found in perfect circumstances but in a perfect Savior. This kind of joy isn't dependent on external factors - it's rooted in eternal truths. This doesn't happen automatically or easily. It requires a conscious choice to focus on God's character rather than our circumstances. It means speaking words of praise even when we don't feel like it, trusting in His goodness even when we can't see it, and celebrating His salvation even when everything else seems uncertain. The beautiful thing about this kind of joy is that it's not only transformative for us - it's also a powerful witness to others. When people see someone celebrating God in the midst of genuine hardship, they can't help but wonder what makes that kind of peace possible.

**Bible Verse:** 'Though the fig tree does not bud and there is no fruit on the vines, though the olive crop fails and the fields produce no food, though the flocks disappear from the pen and there are no herds in the stalls, yet I will celebrate in the Lord; I will rejoice in the God of my salvation!' - Habakkuk 3:17-18

**Reflection Question:** In what specific area of your life do you need to choose celebration over complaint, and what would it look like practically to rejoice in God despite your current circumstances?

**Quote:** "Every day we do not rejoice is a day that we have lost."

**Prayer:** Lord, help me to choose joy even when my circumstances don't seem to warrant it. Teach me to celebrate Your goodness, faithfulness, and salvation on a daily basis regardless of what's happening around me. Let my joy be a testimony to others of Your sustaining power. Amen.

## Day 5: Words That Reveal the Heart

**Devotional:** Have you ever noticed how quickly your words can either lift your spirits or drag them down? The way we speak, especially during difficult times, reveals more about our hearts than we might realize. Our words don't just describe our reality - they often shape it. When we're going through hard times, we have a choice in how we respond verbally. We can fill our conversations with complaints, criticism, and despair, or we can choose words that point ourselves and others toward hope, gratitude, and God's faithfulness. This choice is more powerful than we often recognize. Think about the last time you spent time with someone who constantly complained versus someone who spoke words of encouragement and hope. How did each conversation affect your mood and perspective? The person who chose positive, faith-filled words likely left you feeling more hopeful, while the complainer probably left you feeling drained. This isn't about toxic positivity or pretending problems don't exist. It's about recognizing that our words have the power to either magnify our problems or magnify our God. When we choose to speak words of praise, gratitude, and trust, we're not only encouraging others - we're actually training our own hearts to focus on what's true and good. The challenge is that this choice becomes most difficult precisely when it matters most - during times of genuine hardship. But these are the moments when our words reveal who we really trust and where we really find our hope. They show whether our faith is just a fair-weather belief or a deep, abiding trust that can withstand any storm. Today, pay attention to your words. Are they painting a picture of a God who is faithful and good, or are they revealing a heart that's focused more on problems than on the Problem-Solver?

**Bible Verse:** 'The Lord my Lord is my strength; he makes my feet like those of a deer and enables me to walk on mountain heights! For the choir director: on stringed instruments.' - Habakkuk 3:19

'With the tongue we bless our Lord and Father, and with it we curse people who are made in God's likeness. Blessing and cursing come out of the same mouth. My brothers and sisters, these things should not be this way. Does a spring pour out sweet and bitter water from the same opening? Can a fig tree produce olives, my brothers and sisters, or a grapevine produce figs? Neither can a saltwater spring yield fresh water..' - James 3:9-12

**Reflection Question:** What do your words during difficult times reveal about where you're placing your trust, and how can you intentionally choose to speak in ways that honor God and encourage others?

**Quote:** "Words show us where our heart is. Do our words paint a picture of peace, of satisfaction, of contentment? Or do they paint a picture of dissatisfaction and hatred and anger at God?"

**Prayer:** God, help me to be mindful of my words, especially when life is hard. Let my speech reflect a heart that trusts in You rather than one that's consumed by circumstances. Use my words to encourage others and to remind myself of Your goodness and faithfulness. Amen.