Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

-Jesus

(Matthew 11:28-30)

PSALM 13

A PSALM FOR THE BROKEN

[vv. 1-2] Where are you God???

[vv. 3-4] Honest feelings morph to prayers of dependence

[vv. 5-6] The importance of controlling your thoughts.

PSALM 137

A PSALM FOR THE VICTIM

[vv. 1-3] Lament of a victim

[vv. 4-6] Fears of never escaping situation

[vv. 7-9] Confusion between vengeance and justice

JOB

WISOND FOR THE SUFFERER

[chs. 1-2] Suffering is complex

[chs. 3-36] Suffering is perplexing

[chs. 28, 37-42] Wisdom for suffering

NOTES:

TRUTHS YOU CAN HOLD FAST TO IN YOUR SUFFERING

- God knows every tear you've shed (Ps. 56:8)
- God is with you, even if He feels absent (Ps. 139:7-8)
- Though you feel like you're about to crumble, He will sustain you (2 Cor. 4:7-9)
- God will fix it all one day (Rev. 21:4)
- God will not waste your pain (Rom. 8:28-29)

NOTES:

PRACTICAL HELP FOR BEARING ANOTHER'S PAIN:

- Beware unhelpful sentiments
- No cookie-cutter formula, but this may help:
  - Don't assume
  - Don't minimize
  - Ask questions
  - Don't fear silence
  - Embody shalom (peace)
  - Be human (weep)
  - Pray
- Learn to lament
  - Be honest with God
  - Express the raw stuff
  - Learn to preach truth to yourself

NOTES: