

SELAH

THE MOMENTS IN BETWEEN



From: **Mark R.**

Subject: I'm having a hard time

Hey Pastor Jon,

My mom said I should email you, so here I am. I don't really know what I'm supposed to say, except that honestly I hate my life. Nothing feels like it matters, and I'm mad that I'm supposed to just "trust God" when I don't feel Him doing anything.

People keep telling me it'll get better, but it's been getting worse, not better. I try to pray when I'm alone, but it feels like I'm talking to nothing. I don't want to stop believing, but I don't know how to keep believing when I feel this way.

Reply



From: Linda K.

Subject: I don't know how long I can keep doing this

Hi Pastor Jon,

I've walked with the Lord for a long time, but this past year has been very difficult. I've lost good friends, have more pain, feel less useful and sometimes just forgotten.

I still pray every day, but I'm starting to wonder if God has a purpose for this part of my life or if I'm just supposed to close my mouth and endure it until he takes me home.

I hate to even say it, but I almost feel abandoned by God. Is it wrong for me to feel that way?

Reply



From: **Jason T.**

Subject: **I thought I'd be okay by now**

Hi Pastor Jon,

I've been sitting on this for years, but I think I finally need to say it out loud. When my son was sick, I prayed like I never have before. I really believed God was going to heal him. He didn't.

I know what the right answers are, and I've said them to other people. But inside, I'm angry, and I don't trust God the way I used to. I still show up, I still serve, but it feels like I'm just going through the motions now.

I don't know how to grieve and still believe at the same time, and I don't know what to do with that.

Reply









SELAH

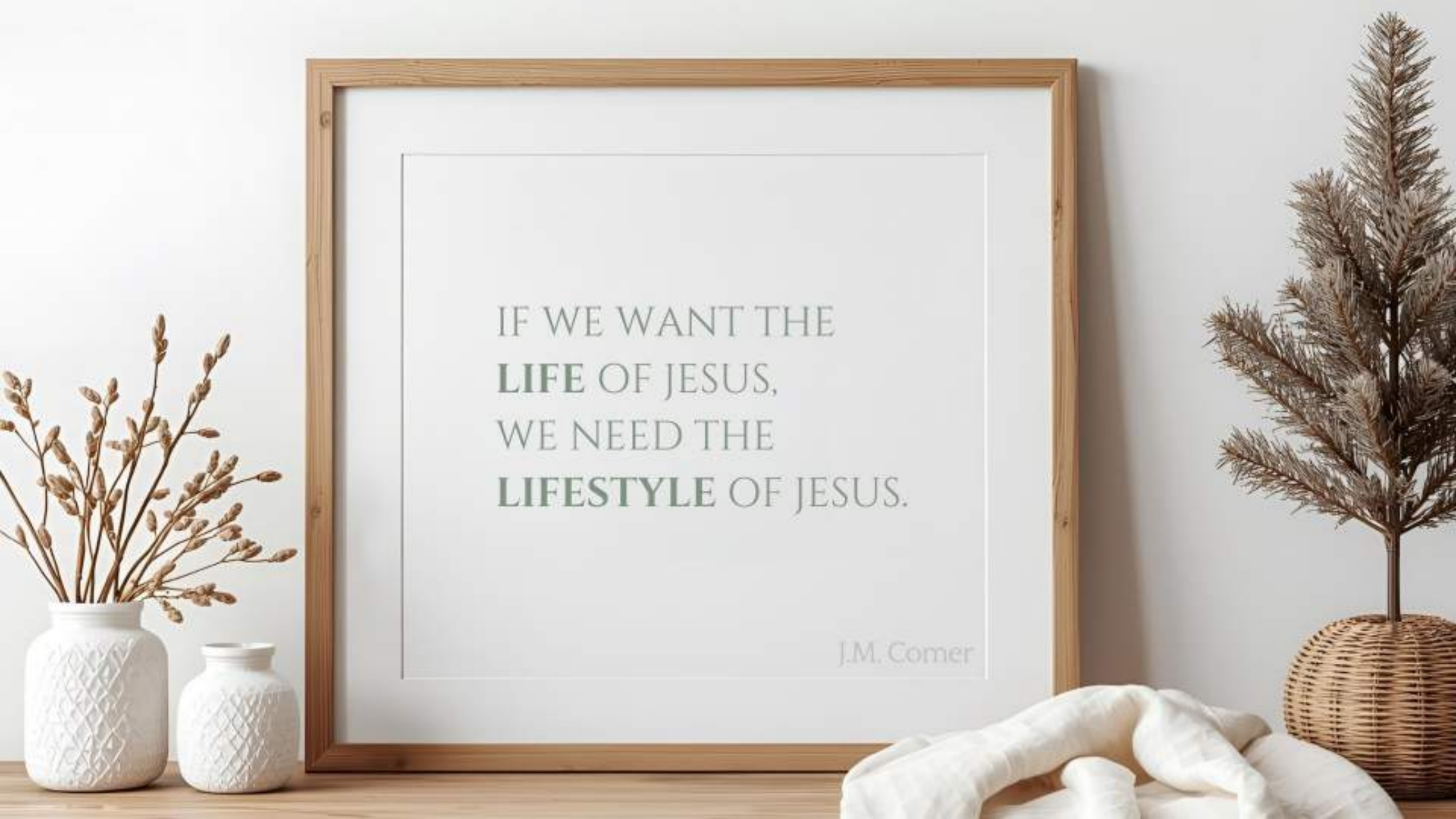
THE MOMENTS IN BETWEEN



SELAH

PAUSE • INTERLUDE

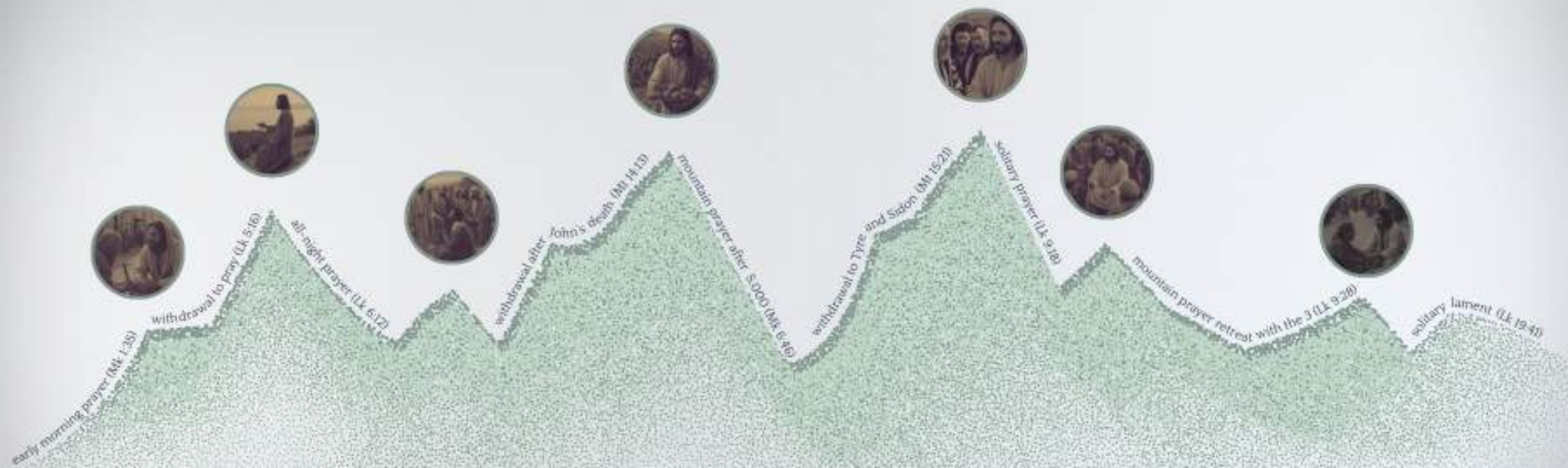




IF WE WANT THE
LIFE OF JESUS,
WE NEED THE
LIFESTYLE OF JESUS.

J.M. Comer





THE MOMENTS IN BETWEEN









SELAH





MATTHEW 26

A day of anguish...



MATTHEW 26

26:17-25 - The Passover with the disciples

26:26-29 - Institution of the Lord's Supper

26:30-35 - Jesus foretells Peter's denial

26:47-56 - Betrayal and arrest of Jesus

26:57-68 - Jesus before Caiaphas

26:69-75 - Peter denies Jesus



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26:17-25 - The Passover with the disciples

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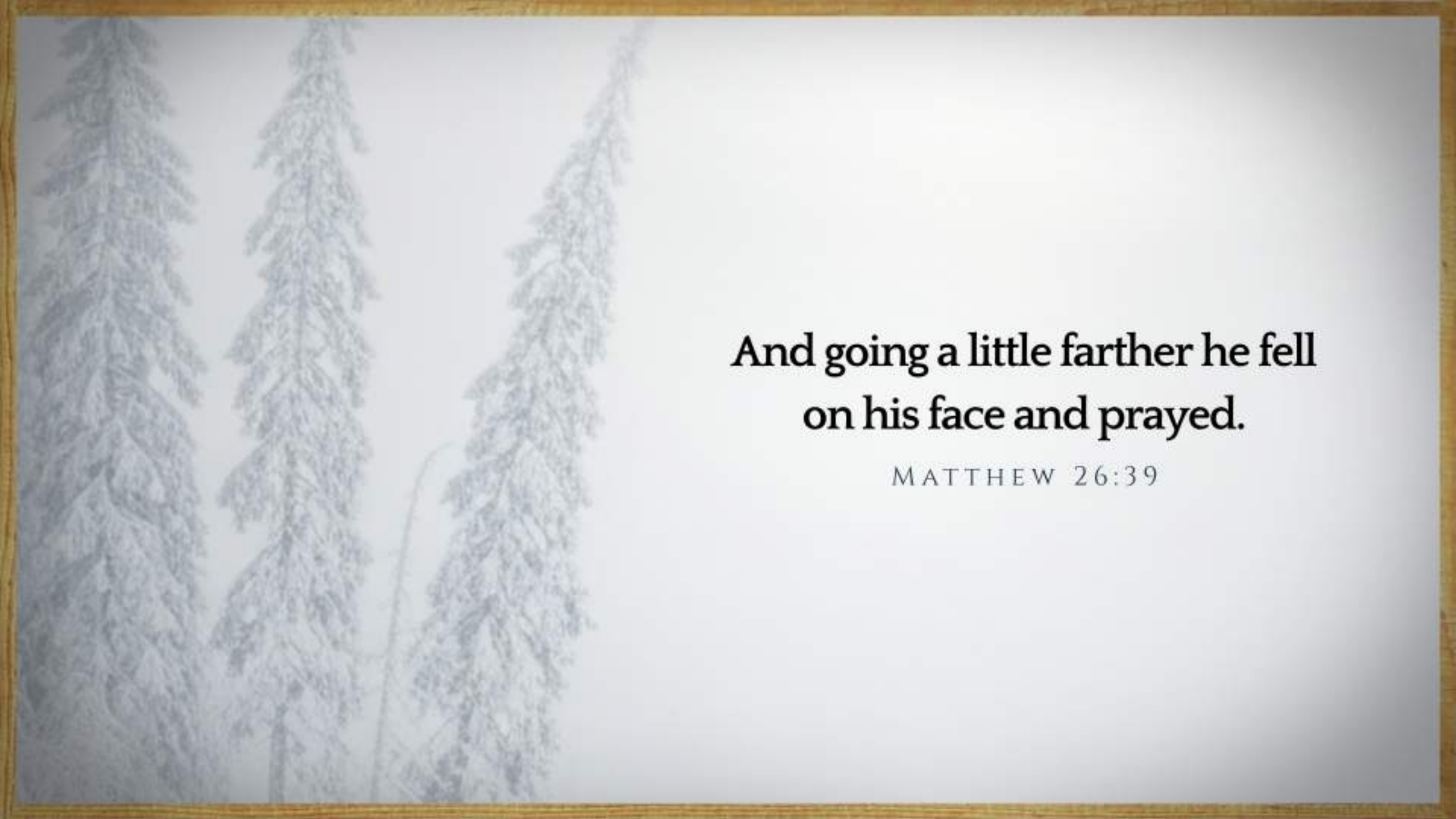
26:30-35 - Jesus foretells Peter's denial

26:36-46 - Jesus prays in Gethsemane

26:47-56 - Betrayal and arrest of Jesus

26:57-68 - Jesus before Caiaphas

26:69-75 - Peter denies Jesus

The background of the slide features a soft, out-of-focus photograph of a winter forest. Several tall, slender evergreen trees are visible, their branches heavily laden with snow. The sky is a pale, hazy white, creating a serene and quiet atmosphere. The overall color palette is dominated by whites and light blues, with the dark green of the trees providing a subtle contrast.

**And going a little farther he fell
on his face and prayed.**

MATTHEW 26:39

PSALM 77



77:1-3

I cry aloud to God,
aloud to God, and he will hear me.

In the day of my trouble I seek the Lord;
in the night my hand is stretched out without wearying;
my soul refuses to be comforted.
When I remember God, I moan;
when I meditate, my spirit faints.



77:1-3

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Selah.



PSALM 77:1-3

SELAH



77:4-9

You hold my eyelids open;
I am so troubled that I cannot speak.

I consider the days of old,
the years long ago,
I said, "Let me remember my song in the night,
let me meditate in my heart."



77:4-9

You hold my eyelids open;
I am so troubled that I cannot speak.

I consider the days of old,
the years long ago.
I said, "Let me remember my song in the night;
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77:4-9

Then my spirit made a diligent search:

Will the Lord spurn forever,

and never again be favorable?

Has his steadfast love forever ceased?

Are his promises at an end for all time?

Has God forgotten to be gracious?

Has he in anger shut up his compassion?"



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P S A L M 77:4-9

SELAH





STAGES IN LIFE OF FAITH

1. The recognition of God
2. The life of discipleship
3. The productive life
4. The journey inward



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77:10-20

Then I said, "I will appeal to this,
to the years of the right hand of the Most High."



77:10-20

I will remember the deeds of the LORD;
yes, I will remember your wonders of old.
I will ponder all your work,
and meditate on your mighty deeds.

Your way, O God, is holy.

What god is great like our God?

You are the God who works wonders;

you have made known your might among the peoples.

You with your arm redeemed your people,

the children of Jacob and Joseph.



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77:10-20

When the waters saw you, O God,
when the waters saw you, they were afraid;
indeed, the deep trembled.

The clouds poured out water;
the skies gave forth thunder;
your arrows flashed on every side.

The crash of your thunder was in the whirlwind;
your lightnings lighted up the world;
the earth trembled and shook.



77:10-20

Your way was through the sea,
your path through the great waters;
yet your footprints were unseen.
You led your people like a flock
by the hand of Moses and Aaron.











YET HE'S BEEN FAITHFUL
FAITHFUL TO ME

In my moments of fear
Through every pain, every tear
There's a God who's been faithful to me
When my strength was all gone
When my heart had no song
Still in love, He's proved faithful to me
Every word, He's promised is true
What I thought was impossible,
I've seen my God do
He's been faithful, faithful to me

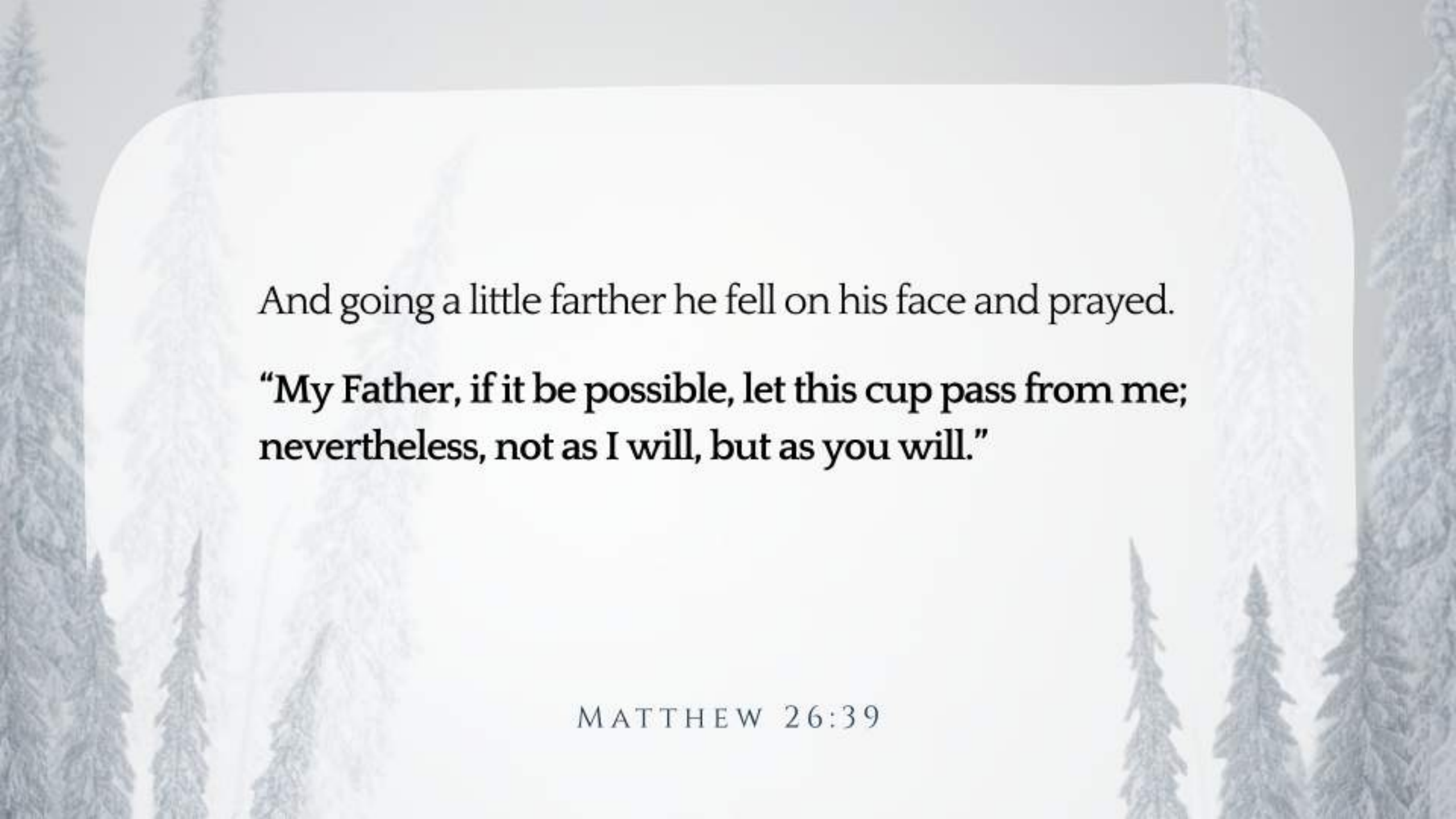


A soft, misty winter landscape. In the foreground, a small wooden boat is pulled up onto a snow-covered shore. The background is filled with tall, snow-laden evergreen trees. The overall atmosphere is peaceful and quiet.

SELAH

P S A L M 77

GOD'S BEEN FAITHFUL • I CAN TRUST HIM



And going a little farther he fell on his face and prayed.

“My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”

MATTHEW 26:39







A soft, misty winter landscape. In the foreground, a small wooden boat is pulled up onto a snowy bank next to a simple wooden dock. The background is filled with tall, snow-laden evergreen trees. The overall atmosphere is peaceful and quiet.

SELAH

P S A L M 77

GOD'S BEEN FAITHFUL • I CAN TRUST HIM



SELAH STRATEGY

SOLITUDE





SELAH STRATEGY

SOLITUDE

Solitude is simply a planned getaway with God. It involves temporarily stepping away from the rhythms of normal life so we can meet God honestly and unhurriedly.

Length and location are completely flexible.

Solitude can be short or long. The place can be exotic, charming, or ordinary. Just make sure it's enough time to get honest with God, without feeling rushed. And make sure it's a place with a low chance of interruption.

The goals of solitude are to be maximally honest with God and maximally open to His leading. Solitude is the time to open the emotional valve with God, letting Him hear from the real you about the real things in your life. What are the biggest question marks in your life? Greatest frustrations and fears? Open up.

Short solitude calls for real thinking.

The best times for solitude include time for reading Scripture or devotional material, time for journaling or prayer, and time reflecting with God on major parts of your life.

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TRY THIS

SOLITUDE RETREAT

(1) Hear from God.

Some strategies I've used: read a psalm or two several times over; read a short NT letter (Philippians, James, 1 John); or (if you have more time) try reading or listening to an entire gospel in one sitting.

(2) Reflect with God.

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- How can I work with God and for God to reshape anything in my life that's out of order?



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