

Message: It's OK Not To Be OK - Week 1 – Divorce

Scripture: Psalm 88:1-4

Lord, you are the God who saves me; day and night I cry out to you. May my prayer come before you; turn your ear to my cry. I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. You have put me in the lowest pit, in the darkest depths. Your wrath lies heavily on me; you have overwhelmed me with all your waves. You have taken from me my closest friends and have made me repulsive to them. Your wrath has swept over me; your terrors have destroyed me. All day long they surround me like a flood; they have completely engulfed me. You have taken from me friend and neighbor — darkness is my closest friend. I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit; I am like one without strength. Psalm 88:1-4

WHEN YOU'RE NOT OK

1. BE HONEST.

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. Lamentations 3:1-3

My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me." Psalm 55:4-5

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:7-10

2. CRY OUT TO GOD.

Lord, you are the God who saves me; day and night I cry out to you. May my prayer come before you; turn your ear to my cry. Psalm 88: 1-2

I love you, Lord, my strength. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold. I called to the Lord, who is worthy of praise, and I have been saved from

my enemies. The cords of death entangled me; the torrents of destruction overwhelmed me. The cords of the grave coiled around me; the snares of death confronted me. In my distress I called to the Lord; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. Psalm 18:1-6

3. RECOGNIZE THAT THIS TOO SHALL PASS.

There is a time for everything, and a season for every activity under the heavens... a time to weep and a time to laugh, a time to mourn and a time to dance. Ecclesiastes 3:1-4

4. FIND CONTENTMENT IN YOUR CURRENT CIRCUMSTANCE.

Now to the unmarried and the widows I say: It is good for them to stay unmarried, as I do... Nevertheless, each person should live as a believer in whatever situation the Lord has assigned to them, just as God has called them. 1 Corinthians 7:8,17

The Lord is my shepherd, I lack nothing. Psalm 23:1

I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:12-13