

I. Review

A. Regeneration defined

1. Restore – Revive – Rebuild
2. To bring forth again.

B. Previous Sessions

1. God delights in Restoring, Rebuilding and Reviving.
2. Our cooperation is required.
3. Believe for resurrection power.
4. Receiving a Rhema Word – Life in the Word.
5. Moving from Logos to Rhema.
6. Expect Regeneration.
7. Rebuilding that which is broken
 - a. There are some storms that are so devastating that restoration isn't possible – rebuilding is the only option.
 - b. Examples – divorce and death

II. The Effects of Tragedy

A. Tragedy definition

1. An event causing great suffering, destruction, and distress.
2. Calamity – A disastrous event marked by great loss and lasting distress and suffering.
3. Some storms that hit our life bring this level of destruction.

B. The potential long- term damage of Tragedy

1. Your life becomes centered around the storm and its damage.
2. Fear dominates you from moving forward.
3. Loss dominates your life.
 - a. Loss will continue to take from you as long as you allow it to.
 - b. Loss can stay with you for years.
 - c. Thinking loss
 - d. Speaking loss
4. Your life is lived in regret vs satisfaction
5. EXAMPLE: Charles Nieman

Rochelle is Happy – Real Happy

We need you to be happy.

“Our loved ones in heaven are having a big time – a big, big, time.”

C. God is a Specialist at Rebuilding. You must allow God to rebuild your life.

1. There are people and seasons that you cannot go back to.
2. Rebuilding/Restoration doesn't mean putting everything back as it was.
3. Rebuilding is to go forward and allow the master builder to finish His plan for your life.
4. Let God DEFINE what REBUILDING/RESTORATION means for your life.

III. The Example of David's Loss.

A. David's infant son dies.

1. It is always a tragedy when you lose a child.
2. What makes this death more of a tragedy is that David is responsible.
3. David fasted and prayed for the child to live.

2 Samuel 12:16-23 (NKJV) – ¹⁶David therefore pleaded with God for the child, and David fasted and went in and lay all night on the ground. ¹⁷So the elders of his house arose and went to him, to raise him up from the ground. But he would not, nor did he eat food with them. ¹⁸Then on the seventh day it came to pass that the child died. And the servants of David were afraid to tell him that the child was dead. For they said, "Indeed, while the child was alive, we spoke to him, and he would not heed our voice. How can we tell him that the child is dead? He may do some harm!" ¹⁹When David saw that his servants were whispering, David perceived that the child was dead. Therefore David said to his servants, "Is the child dead?" And they said, "He is dead." ²⁰So David arose from the ground, washed and anointed himself, and changed his clothes; and he went into the house of the LORD and worshiped. Then he went to his own house; and when he requested, they set food before him, and he ate. ²¹Then his servants said to him, "What is this that you have done? You fasted and wept for the child while he was alive, but when the child died, you arose and ate food." ²²And he said, "While the child was alive, I fasted and wept; for I said, 'Who can tell whether the LORD will be gracious to me, that the child may live?' ²³But now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me.

4. When the Child died, David's actions were confusing to the people.

5. His actions were summed up in his words found in verse 22

2 Samuel 12:22 (NKJV) – *And he said, “While the child was alive, I fasted and wept; for I said, ‘Who can tell whether the LORD will be gracious to me, that the child may live?’* ²³**But now he is dead; why should I fast? Can I bring him back again? I shall go to him, but he shall not return to me.**

B. David’s Comeback – Keys to Rebuilding after Tragedy

1. **David got up** – Vs 20 – *“So David Arose from the Ground”*.
 - a. There is something about choosing to change posture when the storm has left you devastated.
 - b. The prodigal son had to get up and change direction.
 - c. Jesus often instructed people to get up – to do something.
 - d. The four lepers in Samaria said, “Why sit we here until we die, let us get up and go into the camp of the enemy and see if God will work on our behalf”.
2. **David Changed His Clothes**
 - a. Sometimes just cleaning up or straightening up changes the atmosphere from one of defeat to one headed for victory.
 - b. David may have been clothed in sackcloth during his time of fasting.
 - c. Whatever he had been wearing, he had been in it for 7 days, on the ground – HE NEEDED TO CHANGE ATTIRE!
 - d. Changing clothes was a statement that I am not staying down here in this position, but as difficult as it may be, I am moving forward.
 - e. It was a step forward – Never undervalue the little steps forward. Celebrate every step – every step in the right direction is a step in rebuilding your life.
3. **David Worshipped** – Vs 20 – *He went into the house of the Lord and worshipped – Then he went to his own house.*
 - a. The first place David went to was the House of the Lord – even prior to going to his own house.

- David was not going to allow the tragedy of losing his son to keep him from his God – or the House of God.
- b. David valued the house of the Lord

Psalm 122:1 (NKJV) – *I was glad when they said unto me, Let us go into the house of the LORD*

Psalm 27:4 (NKJV) – *One thing I have desired of the Lord, that will I seek, that I may dwell in the house of the Lord all the days of my life.*

Psalm 23:6 (NKJV) – *Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.*

- c. There are things released in the house of the Lord that you can't receive anywhere else.
- d. David didn't just go into the house of the Lord, but He participated in worship.
 - Worship is connected to faith.
 - Worship is connected to victory.
 - Worship will not allow you to stay defeated.
 - Worship will enable to you to rise up.EXAMPLE: MY worship after COVID.

4. He came to His own House

- a. David's house was full of familiar people.
- b. David's house was full of activity.
- c. David's house was full of life.
- d. After a tragedy – surround yourself with life!
- e. Surround yourself with the living – not the dead.
- f. Come back to the living and leave the dead in God's hands.
- g. When David's son died, he immediately put him in God's hands and came back to the living.

This may be extremely difficult – but it is very necessary for you to rebuild your life and move forward into your future.

5. **He Ate** – Vs 20 – *Then he went to his own house and when he requested, they set food before him and he ate.*
 - a. After 7 days of fasting.,
 - b. Represents that he is leaving the past behind and embracing the future.

IV. Closing Remarks

- A. Victorious people understand when one season is over and how to move forward toward the next.

Paul considered this to be one of his great strengths – forgetting those things behind and reaching for those things that were ahead.

- B. Defeated people often try to hold on to a season long after it's gone.
- C. Victorious people take the memories of a season with them, but move forward to embrace the new season.

D. Rebuilding your life

1. You have the right to be happy again – Give yourself permission!
2. If you are dealing with death – remind yourself – your loved ones are experiencing NO loss in heaven.
3. You can choose to live your life in LOSS and regret or you can choose to live your life in faith and rebuild.
4. Loss will take from you as long as you allow it to.
5. Let God define what rebuilding and restoration means for you *His plan is always good.*
6. Change your expectation to restoration instead of loss.

7. Let the former become the former.

Isaiah 43:18-19 (NKJV) – *¹⁸Do not remember the former things, nor consider the things of old. ¹⁹Behold, I will do a new thing, now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert.*

- a. Stop looking back
- b. You can't see your future as long as you are looking back
- c. The new thing is in front of you not behind you.
- d. Rivers are coming into your dessert