

# The Park Church: Corporate Bible Study

LIFE OVER LIES – LESSON 13

HOW DO YOU CHOOSE LIFE IN THE MIDST OF NIGHTMARES ON  
YOUR STREET?

JOB 7:1-16

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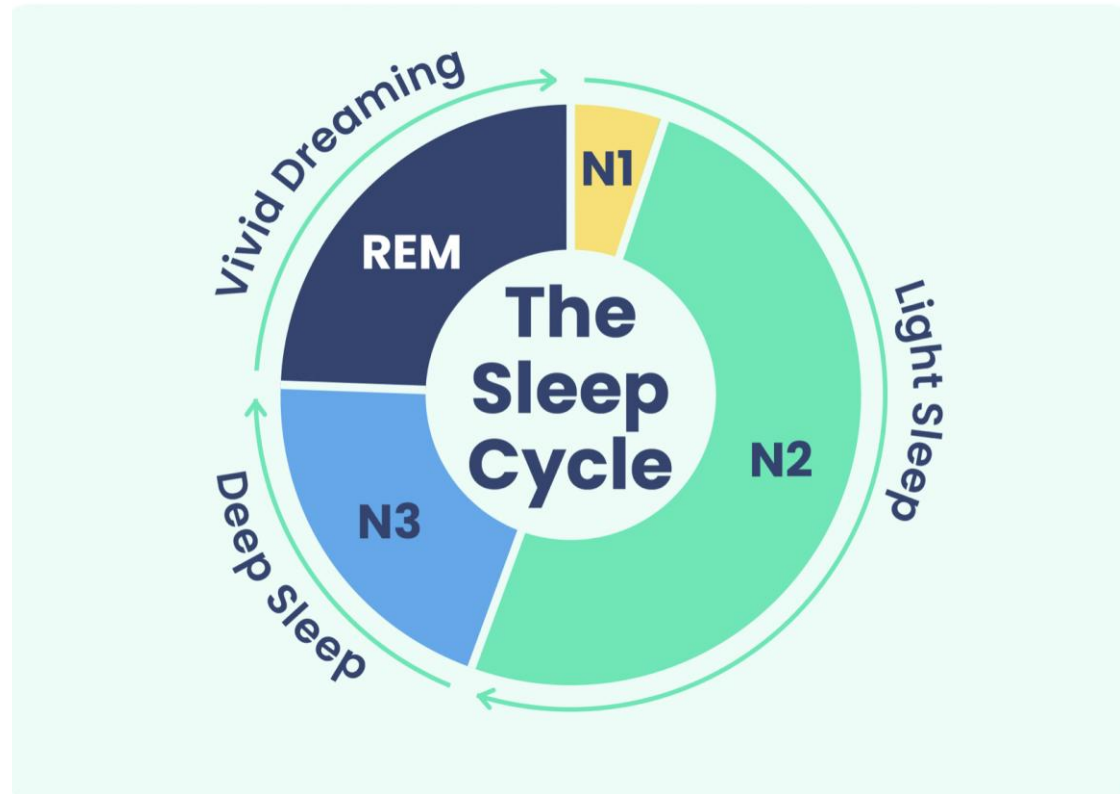
# Looking Back, Moving Forward

*LIFE OVER LIES – LESSON 12*  
*CHOOSING LIFE IN THE MIDST OF EXHAUSTION AND*  
*RESIST RESIGNATION*  
*MIN. TAURA SULLIVAN*

# Looking Back

- ▶ **Menti Meter Exercise – Question – How has life hit you over the last year? The most popular answers were:**
  - ▶ **Depression, heart break, loneliness, overwhelmed, job loss, grief**

Does your picture look somewhat like this?



# How do you choose life in the midst of exhaustion and resist resignation?

## Remember the days of the Lord

▶ **Guidance:** Abram/Abraham

- Now the Lord had said to Abram: "Get out of your country, from your family and from your father's house, to a land that I will show you. – **Genesis 12:1**

▶ **Deliverance:** Children of Israel – **Exodus 14**

▶ **Supernatural Provision:** Manna – **Exodus 16**

▶ **God's Protection:** The 3 Hebrew boys –  
**Daniel 3:16-28**

▶ **Being God's Choice:**

Jesse presented his seven sons to Samuel. Samuel was blunt with Jesse, "God hasn't chosen any of these." <sup>11</sup> Then he asked Jesse, "Is this it? Are there no more sons?" "Well, yes, there's the runt. But he's out tending the sheep." Samuel ordered Jesse, "Go get him. We're not moving from this spot until he's here." <sup>12</sup> Jesse sent for him. He was brought in, the very picture of health—bright-eyed, good-looking. God said, "Up on your feet! Anoint him! This is the one." – **1 Samuel 16:10 -12**

▶ **Victory:** David and Goliath – **1 Samuel 17**

▶ **Forgiveness:** Scandal with Bathsheba – **Psalms 51**

# How do you choose life in the midst of exhaustion and resist resignation?

## ▶ Rest on the integrity of the Lord

*“Keep up your reputation, God—give me life! In your justice, get me out of this trouble! In your great love, vanquish my enemies; make a clean sweep of those who harass me. And why? Because I’m your servant.” – Psalm 143:11 and 12*

# Job 7:1-21

## MSG

- ▶ If I say, 'I'm going to bed, then I'll feel better.
- ▶ A little nap will lift my spirits,'
- ▶ You come and so scare me with nightmares
- ▶ and frighten me with ghosts
- ▶ That I'd rather strangle in the sheets
- ▶ than face this kind of life any longer.
- ▶ I hate this life! Who needs any more of this?
- ▶ Let me alone! There's nothing to my life—it's nothing
- ▶ but smoke.
- ▶

# Job 7:1-21

## MSG

- ▶ 17-21 “What are mortals anyway, that you bother with them,
- ▶ that you even give them the time of day?
- ▶ That you check up on them every morning,
- ▶ looking in on them to see how they’re doing?
- ▶ Let up on me, will you?
- ▶ Can’t you even let me spit in peace?
- ▶ Even suppose I’d sinned—how would that hurt you?

# Job 7:1-21

## MSG

- ▶ You're responsible for every human being.
- ▶ Don't you have better things to do than pick on me?
- ▶ Why make a federal case out of me?
- ▶ Why don't you just forgive my sins
- ▶ and start me off with a clean slate?
- ▶ The way things are going, I'll soon be dead.
- ▶ You'll look high and low, but I won't be around."

# Nightmare

- ▶ Definition
- ▶ A terrifying dream in which the dreamer experiences feelings of helplessness, extreme anxiety, sorrow, etc.
- ▶ A condition, thought, or experience suggestive of a nightmare.

# Job 7

- ▶ Job 7 continues Job's response to Eliphaz.
- ▶ Verses 1 – 5
- ▶ Job's depression finds its expression now not in anger so much as in painful lament over the drudgery of life, drudgery that is all to no purpose.
- ▶ Human life, he says, generalizing his own experience because that has become his perspective, are bound to "hard labor."

# Job 7

- ▶ In verse 4 his sleeplessness that subverts rest like that of the laborer into yet more work, due to the irritation of his skin by the disease he is suffering but is also a normal symptom of depression.
- ▶ In verse 5 he describes in unpleasant detail, the symptoms of his physical complaint.
- ▶ “Suffering can make life feel like survival rather than purpose.”

# Job 7

- ▶ Vs. 6 – 10
- ▶ Job's thought moves from the depiction of the misery of his existence to a reflection upon its brevity: He feels it is certain now that his life is about to end.
- ▶ He speaks now of "my days" rather than "Human life" as he did in verse 1.
- ▶ "God, don't forget that I'm only a wisp of air!"
- ▶ "When a cloud evaporates, it's gone for good"
- ▶ "they don't return to visit their families; never again will friends drop in for coffee."

# Job 7

- ▶ Vs. 11 – 16
- ▶ “Are you going to put a muzzle on me, the way you quiet the sea and still the storm?”
  - ▶ The sea is restless, and so is our nature
  - ▶ The sea can be furious and terrible, and so can we.
  - ▶ The sea can never be satisfied, and neither can sinful man.
  - ▶ The sea is mischievous and destructive, and so is sinful man.
  - ▶ The sea will not obey, and neither will sinful man.

# Job 7

- ▶ **“You come and so scare me with nightmares”**
- ▶ **Job was denied the comfort of sleep and comfort.**
- ▶ **He needed rest by sleep but was afraid to close his eyes because of the horrid images which were presented to his imagination.**
- ▶ **“I hate this life! Who needs any more of this? Let me alone! There’s nothing to my life – it’s nothing but smoke.”**
- ▶ **Job’s condition is so miserable at this point, his soul would prefer the release of death.**
- ▶ **Job is so miserable that he just said to God “Let me alone!”**
- ▶ **Job believes God is the tormentor. We know He is not, Job does not!**

# Lament

- ▶ **Biblical lament is:**
  - ▶ “the God-directed practice of naming pain, questioning circumstances, and appealing for help, grounded in trust that God hears and remains faithful – even when His ways are hidden.”
  - ▶ “is a faithful, prayerful expression of grief, pain, confusion, or protest directed to God in the context of a covenant relationship.
  - ▶ “is bringing suffering honestly before God while still relating to Him as God.”

# Lament

- ▶ **Key Elements of Biblical Lament**
- ▶ **1. It is addressed to God. It speaks to God, not merely about God.**
- ▶ **2. It names real pain honestly. Uses raw language like grief, anger, fear, confusion, abandonment.**
- ▶ **3. It often includes questions or protest. Biblical lament asks why and how long.**
- ▶ **4. It appeals to God's Character or Promises**
- ▶ **5. It moves toward trust (sometimes slowly)**

# Lament

- ▶ **Job teaches us that biblical lament:**
  - ▶ **Speaks honestly to God**
  - ▶ **Names pain without shame**
  - ▶ **Asks hard questions**
  - ▶ **Assumes God's sovereignty**
  - ▶ **Appeals to mercy**
  - ▶ **Refuses silence**
  - ▶ **Endures without quick answers**
  - ▶ **Holds onto God even in darkness**

# Lessons Learned from Job 7

- ▶ 1. God gives us permission to lament. Lament begins with honesty, not clarity. We need to give suffering people permission to lament also.
- ▶ 2. Distinguish emotional truth from Ultimate Truth. Job's words express how life feels, not necessarily what is eternally true.
- ▶ 3. Don't rush to correct the brokenhearted. Job's friends tried to fix his theology before understanding his pain.
- ▶ 4. Bring your pain to God, not away from God. Job's complaint is still prayer.
- ▶ Seek wise counsel when you are distressed, in pain, confused and don't know the answer. Seek help from our counseling ministry. Call the church office at 704-392-1681 and ask for Dr. Tondra McLaurin, Dr. Raynette Covington or Dr. Major McGuire.

# Good News

- ▶ **Jesus Teaches Us**
  - ▶ **God does not remain distant from human pain**
  - ▶ **Lament reaches its climax at the cross**
  - ▶ **Suffering does not have the final word.**
  - ▶ **“Because Christ suffered innocently, lament is no longer despair- it is hope, waiting for resurrection”.**