

WHEN LIFE DISAPPOINTS Pt.1

Scripture used: Mark 15:33-34, 37-38 (NIV)

OVERVIEW

Life is unfair. Jesus faced that truth Himself. From now until Easter we will be looking at the words of Jesus while hanging from the cross. He, of all people, did not deserve the unfairness of blame and consequent execution by the Romans. He was a man of love, grace, healing and teaching, but He experienced his own “unfairness in life.” In this seven-part series, we will look at the example of Christ on the cross as we work through our own disappointments.

KEY POINTS

- 1) Life IS unfair. How we work through disappointment will determine our course in life. Disappointments can be crushing and leave a hugely negative impact on us and the next generation. We must look to Jesus to learn how He dealt with huge disappointments.
- 2) Tears: Jesus cried out loudly to God in His pain and suffering (Mark 15). Over and over again in scriptures we see other godly men weep because of their circumstances and cry out to God in their pain. In the Psalms King David wrote how his tears filled his bed (see Ps 6:6 and 42:3). Jesus himself wept over Lazarus' death as well as over Jerusalem as He made His triumphant entry into the city (see John 11:35 and Luke 19:41). There are examples of powerful men who were not afraid to weep in the circumstances of pain they felt. (ex: President Obama, when describing the killing of children at Sandy Hook Elementary School in 2012). Crying helps prevent disappointments from working their way out in negative ways. Tears are powerful and even healing to release.
- 3) Prayer: In the middle of his dying Jesus called out loudly to God. There was no kneeling, no sanctimonious words, no “thee’s and thou’s” used. It was in the middle of life when Jesus called out to His Father. Sometimes we need to scream at God, and it's ok because He can take it. Get it out. Be real. Be honest. Crying out to God prevents the build up of the negativity from the circumstances. God welcomes the honesty (by the way, God already knows. The telling is for us...)
- 4) Scripture: Jesus found comfort and strength in quoting scripture appropriate to His circumstances (see Ps 22:1). Scriptures are brought to mind by the Holy Spirit for our teaching and comfort. However, we need to get them into our minds and hearts. We do this by reading the Word and internalizing it for our lives.
- 5) Confession/Transparency: Hiding the hurt compounds or magnifies the pain. The weight of terrific pain and the weight of trying to pretend it doesn't hurt is too much to bear. The combined weight is too much. Call it for what it is: grieving. Be honest.
- 6) Look to the context of Jesus' cry from the cross: The darkness, the curtain, and the soldier. The darkness at noon to 3 PM was supernatural, and symbolized a time of judgment from God (see Ex 10:21ff). The curtain separated sinful humanity from the holiness of God in the Temple's Holy of Holies (see Mark 15:38) until God himself tore it from top to bottom. Jesus died led to a startling conclusion by a member of the crucifixion death team (see Mark 15:39).
- 7) Circumstances: The circumstances of Jesus' pain and dying did not change. His ability to ENDURE those circumstances until they changed, did!

DISCUSSION

- 1) **HEAR** - Can you remember the last time you cried? What hurt you so & how did you feel after crying?
- 2) **UNDERSTAND** - What comforted you the last time you experienced crushing disappointments? What gave you the strength to endure despite the deep scars inflicted by your circumstances?
- 3) **DO** - We are beginning a season of prayer and fasting that will extend until Easter. Pastor Hurmon has asked all of our Life Groups to take time *together* to “pray for our 7” from the prayer cards that were distributed on Sunday -- and to regularly report and celebrate what God does in response. Each week will also have a Community Prayer Emphasis:

This Week's Community Prayer Emphasis

for **US** to humbly enter into God's presence;

for **God** to reveal anything that is separating us from Him and others;

and for **US** to respond by asking for forgiveness and by turning from any unhealthy ways (repentance).

This will allow us to clearly hear God's will for our lives in the weeks to come.

"Our Father...forgive us of our sins (name them) as we forgive those who sin (name them) against us" –
Luke 11:4, NLT.