

## ***Suffering with Chronic Pain While Clinging to Enduring Hope***

ACBC Pre-Conference, Memphis, TN

October 2019

Pastor Brad Brandt

Overview: If you live long enough in this sin-cursed world, you will need what you are about to hear. In this session we'll be talking about how to honor God when you are in pain that will not go away. Specifically, we'll discuss three gifts from God that bring joy to the chronic sufferer. Prayer, promises, people.

### **Gift One: *When the Pain Will Not Leave : A Prayer to Pray— Psalm 13***

When you're in great pain you need to pray and bring to God three things: your *questions* (1-2), your *requests* (3-4), and your *praise* (5-6).

I. Begin by bringing your questions to God (1-2).

#### **A. When we feel overwhelmed, this is not natural for us.**

- 1. We tend to turn away from God rather than to Him.*
- 2. We're prone to try and figure things out on our own.*

#### **B. When we feel overwhelmed, we need to do what David did.**

- 1. David asked the Lord how long he would feel abandoned.*
- 2. David asked the Lord how long the inner turmoil would last.*
- 3. David asked the Lord how long his enemy would prevail.*

II. Then bring your requests to God (3-4).

#### **A. Here's what he asked.**

- 1. Look and answer.*
- 2. Give me light.*

#### **B. Here's why he asked.**

- 1. I am afraid I'm going to die.*
- 2. I am afraid of what the enemy will say about me (and You) if that happens.*

III. Finish by bringing your praise to God (5-6).

#### **A. David ends by affirming the truth regarding God.**

1. *He affirms the truth of who God is.*
2. *He affirms the truth of what God does (He saves).*
3. *He affirms the truth of what God has done in the past.*

#### **B. David ends with action verbs.**

1. *He verbalizes, "I trust."*
2. *He verbalizes, "My heart rejoices."*
3. *He announces, "I will sing."*

Make It Personal: Some suggestions on where to go from here...

1. *Memorize Psalm 13 (and other psalms).*
2. *Put Psalm 13 into practice.*
3. *Share Psalm 13 with others...gently.*

### **Gift Two: *When the Pain Will Not Leave : Promises to Live By***

#### **a. The promise of a way of escape (1 Cor 10:13).**

"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

#### **b. The promise of a good outcome (Rom 8:28-29)**

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose. For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers."

#### **c. The promise of forgiveness (1 John 1:9)**

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

#### **d. The promise of God's provision (Matt 6:33)**

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."

#### **e. The promise of God's guidance (Prov 3:5-6)**

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight."

#### **f. The promise of a harvest (Galatians 6:7-10)**

"Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap

eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.”

**g. The promise of wisdom (James 1:5)**

“If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.”

**h. The promise of sufficient grace (2 Cor 12:10)**

“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.”

**i. The promise of answered prayer (1 John 5:14-15)**

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

**j. The promise of a life to come (Rev 21:1-8)**

“Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and there was no longer any sea. I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. And I heard a loud voice from the throne saying, ‘Now the dwelling of God is with men, and he will live with them. They will be his people, and God himself will be with them and be their God. He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.’ He who was seated on the throne said, ‘I am making everything new!’ Then he said, ‘Write this down, for these words are trustworthy and true.’ He said to me: ‘It is done. I am the Alpha and the Omega, the Beginning and the End. To him who is thirsty I will give to drink without cost from the spring of the water of life. He who overcomes will inherit all this, and I will be his God and he will be my son. But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars—their place will be in the fiery lake of burning sulfur. This is the second death.’”

I. What’s coming for some—a new heaven and new earth (1-7).

- A. John saw a new heaven and earth (1).
- B. John saw the new Jerusalem (2).
- C. John heard a voice from the throne (3-4).

- 1. God's dwelling is with men.
- 2. God will live with His people.
- 3. They will be His people, and He will be their God.
- 4. He will wipe away all of their tears.
- 5. There will be no more death, mourning, crying, or pain.

6. The old order has passed away.

D. John heard the person seated on the throne (5-8).

1. He announced His intent (5).
2. He revealed His identity (6a).
3. He declared a promise (6b-7).

II. What's coming for everyone else—a fiery lake (8).

### **Gift Three: *When the Pain Will Not Leave: A People to Live With—The Church***

By looking at the epistles we discover the life-changing implications of having the gift of *a people to live with* as we suffer.

2 Corinthians 1:3-4, “The God of comfort...comforts us...so we may comfort others.”

Galatians 6:1-2 “Bear one another’s burdens.”

Ephesians 4:15 “Speak the truth to one another.”

Romans 15:7 “Accept one another as Christ has accepted you.”

Romans 15:14 “Admonish/instruct/counsel one another.”

1 Thessalonians 5:14 “Encourage one another.”

Hebrews 10:24-25 “Spur one another on to love and good deeds...Exhort one another.”

James 5:16 “Pray for one another.”

\*The one another commands aren’t simply a call to action. They are actually tangible expressions of divine grace.

\*\*My concluding premise: The Lord intends to use the one-another activities of the church to bring hope and help to His hurting children, so that together we grow up into Christlikeness and manifest the beauty of His gospel to a needy world.