



It's Not That Easy

You've Suffered a Serious Blow

Adapted from:

www.baptiststart.com/sermons_ppt.html

For more downloadable teachings see:

www.altogetherlovely.org (FREE TEACHINGS)

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You' ve Suffered A Serious Blow

Psalm 46:1-11

- 1 God is our refuge and strength,
an ever-present help in trouble.**
- 2 Therefore we will not fear, though the earth
give way and the mountains fall into the heart
of the sea,**
- 3 though its waters roar and foam and the
mountains quake with their surging.**
- 4 There is a river whose streams make glad the
city of God, the holy place where the Most
High dwells.**



You' ve Suffered A Serious Blow

- 5 God is within her, she will not fall; God will help her at break of day.**
- 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.**
- 7 The LORD Almighty is with us; the God of Jacob is our fortress.**
- 8 Come and see the works of the LORD, the desolations he has brought on the earth.**

You've Suffered A Serious Blow

9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.

10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."

11 The LORD Almighty is with us; the God of Jacob is our fortress.

You've Suffered A Serious Blow

Examples of Serious Blows:

- **Death of a loved one**
- **Laid off from job**
- **Receiving a bad health report**
- **Spouse is leaving you... for someone else**

You've Suffered A Serious Blow

Examples of Serious Blows:

- **Fire or natural disaster destroys your home**
- **Victim of crime**
- **Serious accident**
- **A child lets us down & disappoints us**

You've Suffered A Serious Blow

All Serious Blows...

- **Bring an unwanted result**
- **Will radically change your life**
- **Are unexpected and happen suddenly**
- **Are beyond your control**
- **And are against your will**

You've Suffered A Serious Blow

Serious Blows Make Us Feel...

- **Helpless... loss of control of one's life**
- **Shocked... that our security was breached**
- **Anger... sometimes at God**
- **Desire to assign blame... maybe self-blame**

You've Suffered A Serious Blow

Serious Blows Make Us Feel...

- Fearful, panicked, insecure
- Despair... *Life will never be as good again*
- Rejected, abandoned
- Humiliated

You' ve Suffered A Serious Blow

Sometimes, Events Can Rattle Us:

**Therefore we will not fear,
though the earth give way
and the mountains fall
into the heart of the sea,
though its waters roar and foam
and the mountains quake with their surging.
(Psalm 46:2-3)**



You've Suffered A Serious Blow

Severe Blows

How to Respond

How to Respond to Severe Blows

1. Don't Ask Why

- We think, “If I understood why I would find comfort”
- “If I can make sense of this, I will be OK.”
- We won't get answers if we ask the wrong questions.

How to Respond to Severe Blows

1. Don't Ask Why

- If we were told the answers, they would not satisfy us in our fallen condition

Isaiah 55:8-9 “For My thoughts are not your thoughts, Nor are your ways My ways,” says the LORD. For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts.”

How to Respond to Severe Blows

■ Job Never Knew Why

“And the LORD restored Job’s losses when he prayed for his friends. Indeed the LORD gave Job twice as much as he had before... Now the LORD blessed the latter days of Job more than his beginning...” (Job 42:10,12)

How to Respond to Severe Blows

- **God blessed Job, but never told him why**
“I know that You can do everything, And that no purpose of Yours can be withheld from You. You asked, ‘Who is this who hides counsel without knowledge?’ Therefore I have uttered what I did not understand, Things too wonderful for me, which I did not know.” (Job 42:2-3)



How to Respond to Severe Blows

Instead, Ask “What Now?”

- It shifts our focus from self to God
- We see ourselves as objects of Divine attention
- It helps us escape self-pity



How to Respond to Severe Blows

Instead, Ask “What Now?”

- It gives us a future to look forward to
- It means we are still moving & growing
- It recognizes that we are part of God’s work

How to Respond to Severe Blows

“Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.” (Proverbs 3:5-6)

- **Lord, what do you want me to learn from this?**
- **Lord, what do you want me do now?**

How to Respond to Severe Blows

2. Refuse to Believe the Lies

- Life is fair
- I can control what happens to me
- Good people aren't supposed to suffer
- If I suffer, it is because I sinned

How to Respond to Severe Blows

2. Refuse to Believe the Lies

- Job 42:7 “And so it was, after the LORD had spoken these words to Job, that the LORD said to Eliphaz the Temanite, “My wrath is aroused against you and your two friends, for you have not spoken of Me what is right, as My servant Job has.”

How to Respond to Severe Blows

2. Refuse to Believe the Lies

- The lies create unrealistic expectations and set us up for disillusionment
- The lies lead us down a path away from God.

How to Respond to Severe Blows

3. Distinguish Between God and Your Circumstances

Psalm 46:1 “God is our refuge and strength, A very present help in trouble.”

How to Respond to Severe Blows

3. Distinguish Between God and Your Circumstances

- Even when your circumstances are bad,
.....God is good.
- View your circumstances through the lens of God's character, not God through the lens of your circumstances.

“God is good, his love endures forever!!”

How to Respond to Severe Blows

4. Climb Higher for God's Perspective

**“Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth!” (Psalm 46:10)**

How to Respond to Severe Blows

4. Climb Higher for God's Perspective

For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. (2 Corinthians 4:17-18)

How to Respond to Severe Blows

5. Trust God for the Next Chapter

“...God shall help her, just at the break of dawn.” (Psalm 46:5)

God has an end in mind.

The “night” ends and “dawn breaks!!”

How to Respond to Severe Blows

5. Trust God for the Next Chapter

“I would have despaired unless I had believed that I would see the goodness of the LORD In the land of the living.” (Psalm 27:13)

- **There is an “After this...” Ask people God has walked through similar things with!!**

How to Respond to Severe Blows

6. See God as Your Only Reliable Source of Security

**“The LORD of hosts is with us;
The God of Jacob is our refuge.”**

(Psalm 46:7)

**“Jesus Christ is the same yesterday,
today, and forever.” (Hebrews 13:8)**

How to Respond to Severe Blows

6. See God as Your Only Reliable Source of Security

“So we may boldly say:

**‘The LORD is my helper; I will not fear.
What can man do to me?’ ”**

(Hebrews 13:6)

How to Respond to Severe Blows

7. Consciously Seek the Presence of God

Psalm 46:4-5, 7 “There is a river whose streams shall make glad the city of God, The holy place of the tabernacle of the Most High. God is in the midst of her... The LORD of hosts is with us; The God of Jacob is our refuge”

How to Respond to Severe Blows

7. Consciously Seek the Presence of God

Psalms 16:11:

“...In Your presence is fullness of joy; At Your right hand are pleasures forevermore.”

How to Respond to Severe Blows

Joy is

not the absence of pain,

but the presence of God.

– Teilhard de Chardin

JESUS IS JOY!!

How to Respond to Severe Blows

SUMMARY

1. Don't Ask "Why"
but Ask "What Now?"
2. Refuse to Believe the Lie
3. Distinguish Between God
& Your Circumstances



How to Respond to Severe Blows

SUMMARY

4. Climb Higher for God's Perspective
5. Trust God for the Next Chapter
6. See God as Your Only Reliable Source of Security
7. Consciously Seek the Presence of God

How to Respond to Severe Blows

When We Face a Serious Blow,

We Have a Choice to Make:

- **Either we can rage against God for letting this happen and live a life of bitterness**

Job 2:9 Then his wife said to him, "Do you still hold fast to your integrity? Curse God and die!"

How to Respond to Severe Blows

When We Face a Serious Blow, We Have a Choice to Make:

- **Or – we can trust God’s goodness through our trial, receive His healing, and follow Him to the next chapter.**

**Job 13:15 Though he slay me;
yet I will hope in Him.**



How to Respond to Severe Blows

I am not here to “over-simplify” things.

Going through “severe blows” isn’t easy.



How to Respond to Severe Blows

There is usually a process of:

Denial

Justification (making excuses or blaming)

Anger or Rage

Grief

Acceptance

How to Respond to Severe Blows

But we can certainly save ourselves a lot of trouble by following the 7 steps here.

1. Don't Ask "Why?" but ask "What now?"
2. Refuse to Believe the Lies
3. Distinguish Between God and Your Circumstances
4. Climb Higher for God's Perspective
5. Trust God for the Next Chapter
6. See God as Your Only Reliable Source of Security
7. Consciously Seek the Presence of God



How to Respond to Severe Blows

Sometimes we can “over simplify” things as Christians when we are ministering to people or when going through our own trauma.

How to Respond to Severe Blows

“JUST TRUST JESUS”

can be the right thing to “say” but not the easiest thing to “accept & do.”

A person must go through “their” process to discover God’s grace in everything.

How to Respond to Severe Blows

**If we are ministering to people,
we need to:**

- **first be a listener,**
- **then a comforter and supporter,**
- **then speak the “truth in love”,**
- **and then be one who PRAYS!!**

How to Respond to Severe Blows

Joy is

not the absence of pain,

but the presence of God.

– Teilhard de Chardin

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There is HOPE.....Jesus is our hope!!

**And the Spirit that raised Jesus from the dead
will lift you up in due time!!**

**“Consider him
who endured such opposition
from sinful men
so that you
will not grow weary and lose heart.”
(Hebrews 12:3)**