

What to do when LIFE STINKS ?!

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Why me ?

- Christians are not immune
 - Normal people (?!)
 - In the world (though not of it)

**LIFE
HAPPENS**

What does God want ?

- Character
 - Shown under pressure
- Many Biblical examples ...
- How to respond when things go wrong?
 1. *Acknowledge - Identify*
 2. *Ask - Investigate*
 3. *Act - Involve*

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Case study : Jeremiah

- Successful prophet ?
 - What he said happened ...
 - ... but how did he feel ?
- Lamentations 3:1-18
 - The problem
 - His feelings
 - Accurate ? Honest ?

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Problem & solution

- Lamentations 3:19-20
 - Focusing on bitterness ⇒ *depression*
- **BUT** Lamentations 3:21
 - A different focus ⇒ *hope*
- What made the difference ?

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Reasons to hope

- Lamentations 3:22-27
- Just think about these :
 - God's steadfast love (*racham*)
 - God's mercy (*chesed*)
 - Both are *renewed* each day ...
 - ... because God is *faithful*

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What is hope ?

- One of the three greats (I Cor 13:13)
- An anchor for the soul (Hebrews 6:19)
- Closely linked to faith (Hebrews 11:1)

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How to find hope

- Talk to yourself
 - Psalms 42-43
 - *“Why are you so downcast my soul, and disturbed in me? **Hope in God...**”*
- Let God work in you
 - Romans 15:13
 - *“May **the God of hope** fill you ... by the power of the Holy Spirit you may **abound in hope.**”*
- Look for the door
 - Hosea 2:14-15
 - *“I will make the Valley of Achor into a **door of hope.**”*

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So what ?

- What to do if (when) life stinks ?
 - Look each day for God’s cuddles & kindness
 - Remember God is faithful
 - Focus on these, not on the problem
 - Allow hope to grow
- Follow Jeremiah’s example :
 - *“This I call to mind and therefore I have hope...”*