

EMERGING FROM THE STORM

Week Three—Respond to God

DAY ONE

Ask the Lord to meet you in his word and to give you the patience and courage to sit before him in whatever storm or pain you are enduring in life.

Read Lamentations 3:1-33 and, if you took notes during Sunday's message, review your sermon notes.

What stands out to you? How are you being impacted by the text and/or message from Sunday?

The whole book of Lamentations is devoted to mourning the destruction of Jerusalem. The Babylonians destroyed the temple palace, destroyed the temple, and took much of the population as captives back to Babylon. This is a book of mourning, a text responding to personal and national tragedy.

What storm have you been in lately? Perhaps you are just now entering a storm, emerging from a storm, or right in the middle of a storm. Describe the storm below.

Read through Lamentations 3:1-33 again. How is the Lord speaking to your storm today?

Conclude your time today by responding to the Lord and asking him for the courage to confront your pain and to receive his comfort throughout the reflections this week.

DAY TWO

As you begin today, ask the Lord to give you awareness of your heart as you reflect on your pain today.

Read Lamentations 3:28-33. What stands out to you in these verses? How are you impacted by them?

As you consider the most recent storm you endured or are enduring. What's been hard about this season?

What hurts? What pain in your heart are you able to get in touch with?

Read Lamentations 3, this time beginning at verse 26 and read again through verse 33. Use the text and the space below to take your pain to Jesus, crying out to him from your hurting places.

DAY THREE

As you begin today's reflection, ask the Lord to comfort you from his own empathy.

Read John 11:1-38.

What stands out to you in this text? What's impacting you in it?

Re-read verses 28-38. How does the text describe Jesus' emotional state (vs. 33, 35, 38)?

How does it strike you to see Jesus respond in such a way?

The author of the book of Hebrews reminds us that Jesus shared in our flesh and blood, experiencing suffering as we do (Hebrews 2:10, 14). Indeed, the author says, we have a great high priest who sympathizes with our weaknesses because he has experienced what we experience (Hebrews 4:14-16).

In John 11, Jesus grieves over the death of his friend, and he grieves with and alongside Mary and those gathered with her. How does Jesus' own grief and sorrow impact you?

Jesus empathizes with Mary and the crowd, and he empathizes with us as a high priest who shares in our flesh and blood. How does Jesus' empathy speak to your grief in whatever storm you are enduring?

Respond to Jesus from what you have experienced in his Word today.

DAY FOUR

Ask the Lord to continue to meet you with his compassion and love as you turn to him in the midst of the pain of whatever storm you are enduring.

Read 2 Corinthians 1:1-11.

What impacted you or stood out to you from this text?

What reasons does the apostle Paul offer for suffering in his life (vs. 4-6)?

How does this strike you?

What other reasons does he offer (v. 9)?

How does this strike you?

How might God be using the storm you are enduring or emerging from to cause you to rely more and more on him and less on yourself?

Use the rest of your time today to surrender more of your heart and life to God. Consider listening to or singing a song of surrender to end your time or write out a prayer of surrender in the space below.

DAY FIVE

Use today to catch up if you missed one of the days this week.

If you are caught up, use your time today to read and meditate on Lamentations 3:19-33. Then spend some time reviewing your week of reflection, and respond to the Lord from what you have been experiencing this week.