



**Sermon Notes – Steve Southards – 04/21/2024**

***John 16:33 NLT***

“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”

***Lamentations 3:19-24 NLT***

The thought of my suffering and homelessness is bitter beyond words. I will never forget this awful time, as I grieve over my loss. Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, “The Lord is my inheritance; therefore, I will hope in him!”

**Denial**

**Minimizing**

**Blaming Others**

**Blaming Yourself**

**Rationalizing**

**Intellectualizing**

**Distracting**

**Become Hostile**

**Numb the Pain**

## **Pay Attention**

### ***Psalm 13:1-2 NLT***

O Lord, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?

### **Pete Scazzero**

“When we do not process before God the very feelings that make us human, such as fear or sadness or anger, we leak. Our churches are filled with “leaking” Christians who have not treated their emotions as a discipleship issue. Grieving is not possible without paying attention to our anger and sadness.”

## **Wait in the Confusing In-Between**

### ***Psalm 27:13 NLT***

Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord.

## **Let the Old Birth the New**

### ***Luke 17:33 NLT***

“If you cling to your life, you will lose it, and if you let your life go, you will save it.”

### **“The Welcoming Prayer” by Father Thomas Keating**

Welcome, welcome, welcome.

I welcome everything that comes to me today, because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval, and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation, condition, person or myself.

I am open to the love and presence of God and God's action within. Amen.