

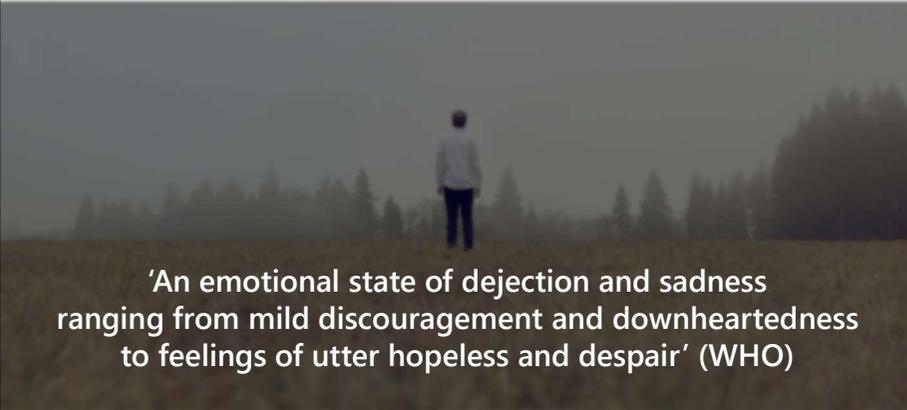


**Deep calls
to Deep**

**session 5
the depths
of unjust
suffering**

Spiritual formation in the hard places of life

What is depression?

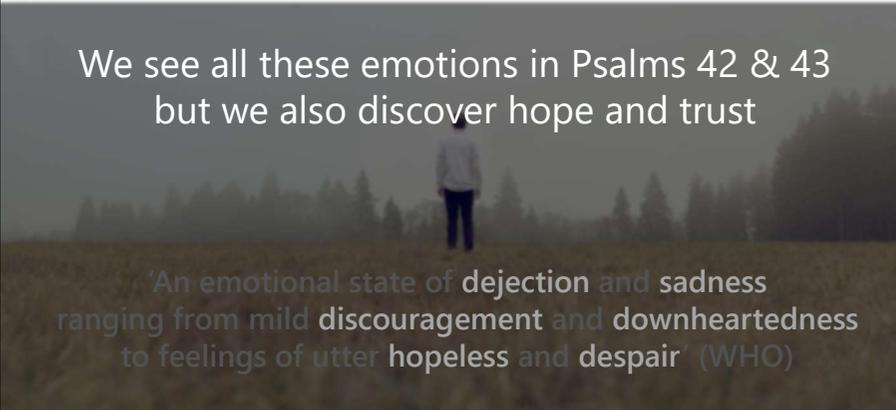


'An emotional state of dejection and sadness ranging from mild discouragement and downheartedness to feelings of utter hopelessness and despair' (WHO)

Session 4 Review

What is depression?

We see all these emotions in Psalms 42 & 43
but we also discover hope and trust



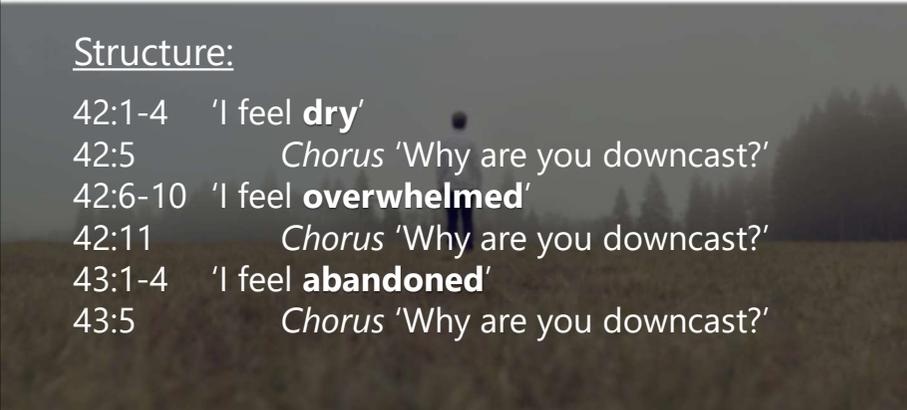
'An emotional state of dejection and sadness ranging from mild discouragement and downheartedness to feelings of utter hopelessness and despair' (WHO)

Session 4 Review

Psalms 42 & 43

Structure:

42:1-4 'I feel **dry**'
 42:5 *Chorus* 'Why are you downcast?'
 42:6-10 'I feel **overwhelmed**'
 42:11 *Chorus* 'Why are you downcast?'
 43:1-4 'I feel **abandoned**'
 43:5 *Chorus* 'Why are you downcast?'



Session 4 Review

Psalms 42 & 43

Why, my soul, are you downcast?
 Why so disturbed* within me?
 Put your hope in God,
 for I will yet praise him,
 my Saviour and my God.

* literally 'roaring'

Session 4 Review

Psalms 42 & 43

'God is remote enough
 for the psalmist
 to feel deserted
 ... yet near enough
 for him to talk to.'

Michael Wilcock, 'The Message of Psalms' (p154)

Session 4 Review

Psalms 42 & 43

A battle is taking place between:

- Negativity and Positivity
- Fear and Faith
- Despair and Hope
- Perceptions and Truth

Session 4 Review

Session 4 Takeaway – self/soul care

Be kind
 and compassionate
 to one another,
 forgiving each other,
 just as in Christ
 God forgave you
 Ephesians 4:32

Be kind
 and compassionate
 to YOURSELF,
 forgiving YOURSELF,
 just as in Christ
 God forgave you

Session 4 Review

Stigma & Belief

As Jesus was walking along, he saw a man who had been blind from birth. "Rabbi," his disciples asked him, "why was this man born blind? Was it because of his sins or his parents' sins?"

"It was not because of his sins or his parents' sins," Jesus answered. "This happened so the power of God could be seen in him ..."

Then he spit on the ground, made mud with the saliva, and spread the mud over the blind man's eyes. He told him, "Go wash yourself in the pool of Siloam" (Siloam means "sent"). So the man went and washed and came back seeing!

His neighbors and others who knew him as a blind beggar asked each other, "Isn't this the man who used to sit and beg?"

John 9:1-3,6-8

He doesn't exist - "Does he take sugar?"

No compassion or pity

Prejudice resulting from beliefs

Unable to see the person

Stigma & Belief

Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep ... whoever enters through me will be saved. They will come in and go out, and find pasture. The thief comes only to steal and kill and destroy. I have come that they may have life, and have it to the full. I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away ...

I am the good shepherd; I know my sheep and my sheep know me - just as the Father knows me and I know the Father - and I lay down my life for the sheep." *John 10:7-15*

Prejudice resulting from beliefs

Stigma & Belief

where is God?

Can this ever be 'life to the full'?

why have you forgotten me?

why have you rejected me?

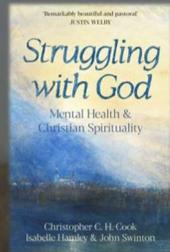
Stigma & Belief

where is JESUS: "I have come that they may have life and have it to the full."

literally 'exceeding expectation'

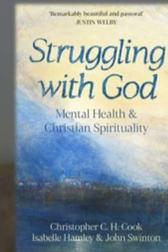
why have you rejected me?

Stigma & Belief



‘Stigma in churches is ... partly about what we imagine ‘fulness of life’ to be? ... What is ‘abundant life’? And how do our ideas of what ‘abundant life’ looks like shape our response to others – and ourselves – when things go wrong or are difficult? Another way of asking the question is this: **is our idea of the life that Jesus gives us, or invites us into, spacious and generous enough to include the whole of human circumstances?’** (my emphasis)

Stigma & Belief



‘Abundant life with God clearly cannot be turned into a life of ease, comfort or happiness. Jesus encourages his disciples to take their cross and follow him. Jesus speaks of both fulness of life and bearing one’s cross; these two things highlight the paradox of the life of faith; **it can be abundant at the same time as challenging and full of pain.**’ (my emphasis)

Struggling with God, p34

For the joys and for the sorrows
The best and worst of times
For this moment, for tomorrow
For all that lies behind
Fears that crowd around me
For the failure of my plans
For the dreams of all I hope to be
The truth of what I am

For this I have Jesus
For this I have Jesus
For this I have Jesus

For the tears that flow in secret
In the broken times
For the moments of elation
Or the troubled mind
For all the disappointments
Or the sting of old regrets
All my prayers and longings
That seem unanswered yet

For this I have Jesus
For this I have Jesus
For this I have Jesus

For the weakness of my body
 The burdens of each day
 For the nights of doubt and worry
 When sleep has fled away
 Needing reassurance
 And the will to start again
 A steely-eyed endurance
 The strength to fight and win

For this I have Jesus
 For this I have Jesus
 For this I have Jesus

FOR THIS I HAVE JESUS
 LYRIC VIDEO
GRAHAM KENDRICK
 WORSHIP LEADER & SONGWRITER

@GrahamKendrickMusic

Unjust Suffering

Why should this happen to me?

Why does God allow this?

It's not fair!

Why do bad things happen to good people?

Why do good things happen to bad people?

'Be still before the Lord and wait patiently for him; do not fret when people succeed in their ways.'

Psalm 37:7

'So I tried to understand why the wicked prosper. But what a difficult task it is! Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked.'

Psalm 73:16-17

Why do bad things happen to good people?

'In the face of injustice,
the God of justice seems to do nothing'

Tony Horsfall, DEEP CALLS TO DEEP, p88

Why do bad things happen to good people?

Servants, be subject to your masters with all respect, not only to the good and gentle but also to the unjust. For this is a **gracious thing**, when, mindful of God, one endures sorrows while suffering unjustly. For what credit is it if, when you sin and are beaten for it, you **endure**? But if when you do good and suffer for it you **endure**, this is a **gracious thing** in the sight of God. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.

He committed no sin, neither was deceit found in his mouth. When he was reviled, he did not revile in return; when he suffered, he did not threaten, but continued entrusting himself to him who judges justly. He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.

1 Peter 2:18-25 (ESV)

FOR THIS I HAVE JESUS

LYRIC VIDEO

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Don't just do something, sit there!

'From the outside, nothing seems to be happening ... but something is happening in this time of dark waiting. Deep within the very structure of the caterpillar, its life is being transformed. All it was ever created to be is being brought to life in that quiet waiting time. When it emerges from the cocoon, it is no longer an earth-bound creature; it has wings and magnificent colours, and it is free for the skies and the flowers. It is truly transformed. We are no less transformed in our own places of waiting; perhaps not as radically as the caterpillar, but it is no less real as we surrender to the working of God in our lives in those times.'

God among the ruins – Mags Duggan, p72