

## SIT WITH IT

**Job 2:11-13** "Now when Job's three friends heard of all this evil that had come upon him, they came each from his own place, Eliphaz the Temanite, Bildad the Shuhite, and Zophar the Naamathite. They made an appointment together to come to show him sympathy and comfort him. And when they saw him from a distance, they did not recognize him. And they raised their voices and wept, and they tore their robes and sprinkled dust on their heads toward heaven. And they sat with him on the ground seven days and seven nights, and no one spoke a word to him, for they saw that his suffering was very great."

- Sometimes it's hard, as you'll see with Job. For Job, it was difficult because he had questions only God could answer. He had to work through it all. We're in a fortunate position, because we have so much revealed to us that Job didn't. Yet, we can all face overwhelming situations that we must sit with. It's not pleasant.

**Habakkuk 3:16-19** "I hear, and my body trembles; my lips quiver at the sound; rottenness enters into my bones; my legs tremble beneath me. Yet I will quietly wait for the day of trouble to come upon people who invade us. Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, yet I will rejoice in the Lord; I will take joy in the God of my salvation. God, the Lord, is my strength; He makes my feet like the deer's; He makes me tread on my high places."

- Did you know that, from a psychological point of view, it's recommended to do what Habakkuk did? Some may call it "creating a script." In this exercise, you literally write down (or at least make a clear mental list) of what's happening that's creating mental anxiety. It seems counterintuitive, but in fact, it helps the individual deal with the stress instead of ignoring and suppressing. Surprise, surprise - that doesn't work well.
- Sometimes we innocently try to rush individuals pass the negative and remind them of the good. But, the reality is, they'll be thinking of it anyway, and there's value in working through the negative. We aren't individuals who should accept only the good from God, but calamity as well. Ignoring the problem won't help us grow. It's in this reality that one learns to trust in God and Him alone. We also learn, through the process, to help others.
- So, I really encourage you to write down or consider in detail what it is that's bothering you. Sit with it. Again, it may seem counterintuitive, but it will actually help in the long run.
- However, it's not about wallowing in the negative. It's to be backed up with the positive realities of life (yes, there are always positives to be found).
- You know someone who did that well? Paul! Take one simple example: Paul had those who tried to cause him harm, through the preaching of the gospel from envy and rivalry, while in prison! He had to sit with it. His response? "*Only that in every way, whether in pretense or in truth, Christ is proclaimed, and in that I rejoice.*" **Philippians 1:18.**
- Remember **Philippians 4:4-9**. Listen, it's not about being an optimist or a pessimist, but a realist. Not a pessimist who considers themselves a realist. It's about looking at the full picture.

**Psalms 32:3-5** For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin.

- You see what happened to David when he didn't address his sin (also see [Psalm 38](#)). He didn't stay that state. He confessed his sin and was forgiven.
- Don't forget the first two verses: [Psalm 32:1-2](#) "Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit." He believed he was forgiven. He was practicing the "Paul principle." He wasn't cursed anymore, but blessed.
- It's good for us to remember passages such as [Romans 8:31-39](#). If God is for us, who can be against us? Nothing will be able to separate us from the love of God in Christ Jesus our Lord.
- Take note that Jesus is making intercession for you. It's not God's job to accuse, that's what the accuser does. So remember, if anyone is trying to accuse you when God does not . . . let it go. God has forgiven. Jesus nailed your sins to the cross. He took on your punishment.

[1 Kings 19:1-4](#) "Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me and more also, if I do not make your life as the life of one of them by this time tomorrow." Then he was afraid, and he arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness and came and sat down under a broom tree. And he asked that he might die, saying, "It is enough; now, O Lord, take away my life, for I am no better than my fathers.""

- He's one of the few standing up for God, but in Ahab's eyes he was a "troubler of Israel." To Jezebel he was a dead man. Elijah knew that Ahab was the troubler, but things change when times get rough. Now he's alone on a mountain, not wanting to deal with it anymore, and he struggles.
- This can happen with anyone.
  - [John 3:16-21](#). People don't like it when you expose them.
  - [Matthew 10:34-39](#). Jesus says that a commitment to Him can result in division in family. His own brothers, at one point, didn't believe in Him ([John 7:5](#)). He was rejected in His home town ([Luke 4:23-24](#)). "Truly, I say to you, no prophet is acceptable in his hometown."
  - Easier said than done, but you've got to let God handle this situation. God would handle Ahab and Jezebel. Vengeance is His. We struggle with "righteous indignation." We don't always pull it off like Phinehas ([Numbers 25:6-9](#)). We're more like James and John whom Jesus rebuked because "You do not know what manner of spirit you are of; for the Son of Man came not to destroy people's lives but to save them" [Luke 9:55-56](#). Remember, it's not about you, it's about God. They're not rejecting you, but God.
  - This doesn't mean you don't set healthy boundaries with people. There may even need to be division at times. This doesn't mean you're not loving them. We have to make a judgement - when to answer a fool in his folly and when not to. Are they listening or not? Timing isn't always easy. Let's dedicate ourselves to learning the art.
- Ultimately, Elijah needed to get back up and get to work! We need to remember that God isn't done with us and there's work to do. Sitting around wallowing in accusations, fear, doubt or guilt that others may want you to feel isn't God's plan.
- And if you're ever sincerely doubtful about wrong doing, learn from David! [Psalm 19:12-13](#) "Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression."
- And remember . . . [Psalm 103:1-14](#)