

SERMON NOTES

October 19 & 20, 2024

It's Ok to Not be Ok: Faith, Doubt, & Disappointment Lamentations 1-3

A crisis of faith is when _____ and _____ shift how we relate to God.

Questions we ask in a crisis of faith:

1. Is _____?

Lamentations 1:16a-b

a. **Pray:** "God, I don't know if you're real. But I'm going to keep showing up here in this prayer, because if you are real, eventually I will know it."

2. Is _____?

Lamentations 2:15

a. **Pray:** "God, I'm not sure if you can change my circumstances. But today, I choose to believe you are with me in the pain, just as Jesus was on the cross."

3. Does _____?

Lamentations 2:20

a. **Pray:** "Yet this I call to mind, and therefore I have hope: Because of the LORD's great love we are not

consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The LORD is my portion; therefore I will wait for him."

Life Steps

It's Ok to Not be Ok: Faith, Doubt, & Disappointment | October 19 & 20, 2024

Monday

Lamentations 3:18-20

Reflect: Real faith is having the courage to name your suffering and doubts before God and know God cares for you. For today, just name a moment or doubt you are carrying that you need to get real with God about. Refer back to this moment in the coming days through the daily Life Steps.

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Tuesday

Lamentations 1:15-16

Reflect: As you get real with God about your place of doubt or suffering, has it ever felt like God had left you alone in your suffering? It's ok to say to God that, even though you know he's with you, it still feels like you are alone. But remember, God suffers with you in these places.

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Wednesday

Colossians 2:5-8

Reflect: Reflecting on your place of doubt or suffering, remember that Christ literally joins you in this place of suffering. Take this moment of doubt or suffering and place it next to the cross with Jesus. How might his suffering presence on the cross provide you with hope?

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Thursday

Lamentations 2:15

Reflect: Have you ever been in a place where maybe you knew God was with you, but it seemed like the world was against you? Or maybe you've been in a situation where the world was humbling you in a painful way. It's ok to name this place of suffering to God. Take a moment to talk about this moment to God. Invite him into this place with you.

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Friday

Matthew 27:38-40

Reflect: Just as we suffer through humbling experiences as the world watches, remember that the world watched Jesus in his suffering as well. Faith is forged in these moments, if you are willing. The question is, are you willing?

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Saturday

Lamentations 3:18-24

Reflect: Ultimately, faith is a choice. We name our doubts, our disappointments, our sufferings. But as we do this, we have the opportunity to say, "yet, God, I trust in you. Even in this moment, I know I have hope in you." As you continue to reflect on these trying experiences, look for the places where you can choose faith.

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.

Sunday

Psalms 13

Reflect: This psalm reminds us of the pain that accompanies life. But it also reminds us that we can choose to trust in God. As you prepare for worship, choose faith today. Then, celebrate this faith with someone else.

Prayer: God, even in the valley of doubt and death, I trust you. Because of your great love, I am not consumed. This I call to mind, and therefore I have hope.