

Dealing With Life 3

Don't Waste Your Sorrows

I would like for us to turn our attention today to a passage of scripture found in the Book of Psalms, chapter 51. It is a very familiar passage that perhaps many of you can even quote. I will be reading for the New American Standard Bible.

Psalm 51:10-17- “Create in me a clean heart, O God,
And renew a steadfast spirit within me.
11 Do not cast me away from Your presence
And do not take Your Holy Spirit from me.
12 Restore to me the joy of Your salvation
And sustain me with a willing spirit.
13 *Then* I will teach transgressors Your ways,
And sinners will be converted to You.
14 Deliver me from bloodguiltiness, O God, the God of my salvation;
Then my tongue will joyfully sing of Your righteousness.
15 O Lord, open my lips,
That my mouth may declare Your praise.
16 For You do not delight in sacrifice, otherwise I would give it;
You are not pleased with burnt offering.
17 The sacrifices of God are a broken spirit;
A broken and a contrite heart, O God, You will not despise.

Introduction: Many times in our Christian walk, we come to face life's difficulties. I will refer to these as Christian sorrows. The fact that they come is a given, but how we respond to them and how we deal with them is completely up to us. As I spend the next few moments with you ministering on this topic, please allow God to speak to your heart today.

In the late 70's, the song by Barry McGuire very thoughtfully and appropriately stated:

"I walked a mile with pleasure
She chattered all the way,
But left me none the wiser,
For all she had to say.

I walked a mile with sorrow,
and never a word said she,
But, o, the things I learned from her,
when sorrow walked with me."

I. There is a Necessity for Brokenness, Trials, and Tribulations within the life of every Christian

- A. The pattern of brokenness, trials, and tribulations is one shown often in the Scripture. **Mark 6:41 and 42** gives us the story of the feeding of the 5,000-
- “And He took the five loaves and the two fish, and looking up toward heaven, He blessed the food and broke the loaves and He kept giving them to the disciples to set before them; and He divided up the two fish among them all.
- And they all ate and were satisfied.”

Notice that before He could use the bread, Jesus first broke it.

1. Our text, **Psalm 51, in verse 17**, speaks of a broken Spirit (heart) that David possessed. He said,
“The sacrifices of God are a broken spirit; a broken and a contrite heart, O God, Thou wilt not despise.”
 - a. The word “brokenness” brings with it the meaning of being shattered.
 - b. When there is a break within some part of our bodies, there must be a mending of that broken part.
 - c. When we break a bone, there has to be a setting straight of that bone, and if that bone should heal improperly, there must be a rebreaking, and a resetting in order for proper healing to take place. This should supply a valuable example of our hurting and learning experience.
2. Generally speaking, when something is broken and then healed, that which is mended is actually stronger than it was before it was broken.

Illustrations: A friend of mine once told me a story of how when he was a very young boy (back in the 50's) that he broke his bicycle. I'm really not sure of the details of the break, but somehow, he actually had proceeded to break the top part of his bicycle frame. It was actually in two separate pieces. Obviously, as a young boy, Tony was very upset because his bicycle was his pride and joy, and now it was broken. His father took the bicycle to a local handyman who was very skilled at welding. Now bicycles in those days were typically made of a much sturdier metal in those days, but nonetheless, this bicycle was quite a task for the local welder. Not too many days later, Tony says that his dad brought the bicycle back home, and it was all shiny and new looking...BUT...right where the break had been, now there was a

metal “scar” where the heated welding metal had been applied to the broken joint. Sure, it was painted nicely, but it was still a scar. The bike would always be broken.

In his agony, Tony began to weep.

His father quickly stopped him and asked, “Son, why are you crying? Don’t you see that your bike is now fixed?”

Tony, stuttering, answered, “But Dad, its still broke. Can’t you see the broken place on my bicycle?”

Now his dad smiled. “Son, don’t you understand? That place that you are looking at and calling a break is not a break at all. Instead, it is a prize mark showing that your bike is stronger than it ever was. Where my friend had to fix your bike is now a mark showing that your bike has been repaired...and it is now even stronger than it was when it was brand new.”

- **Yet we must notice that before He could use the bread, Jesus first broke it.**

B. As Christians, we basically have two options in dealing with our sorrows. Dr. Robert Schuller is the first person whom I am aware of ever to use these terms together, but I will use them here because they make the point very well:

1. Let sorrows make us **bitter**. This is when we grovel in our sorrows, throw a giant pity party, and eventually make everybody else around us miserable in the process.

(Let me give you a quick hint, if you're going to throw one of these parties, set yourself a brief time limit to do it in, and don't invite anyone.)

2. Let it make us **better**. Listen, don't waste your sorrows; instead learn from them.

a. You can later help others pass through a similar experience because of your experience and the help of the Lord.

b. You can use this time to draw closer to God through your enhanced involvement with Him.

c. You will develop stronger Christian character, and a real "soundness" of whom and what you are in Christ.

- **Now remember, before He could use the bread, Jesus first broke it.**

II. The Bible clearly shows the discerning and spirit-attentive person how they can be Victorious Through their Brokenness, Trials, and Tribulation.

- A. The Bible provides several examples of how individuals learned from different types of sorrows. Let's look at a few:
1. The prophet Isaiah wrote much of his Old Testament prophecy while facing tremendous sorrow through persecution and enormous "apathy for the things of God" on the part of the people surrounding him.
 2. Micah also wrote much of his prophecy under similar circumstances.
 3. Jeremiah faced sorrow through persecutions and rejection, even to the point of being arrested and having some of his earlier writings destroyed.
 4. Daniel faced sorrow through persecution and even threat of and actual attempt at execution, yet he came forth strong and upright. In fact, he has given us great insight into the beauty of staying true to God.
 5. John the Beloved wrote the entire book of Revelation while in exile on an island named Patmos after being boiled in oil.
 6. Joseph, the Prince of Egypt as some have labeled him, proves to us that God delivers us from sorrow and tribulation as we yield ourselves to be used by God. As Joseph illustrates God's deliverance, a state of 'betterness' is also brought about.
- C. The life and prayer of King David provide great insight into the experience of learning through sorrow.
1. As a youth, David had been anointed as the king of Israel, even while the present king, Saul, was still on the throne.
 2. David was a musician in the king's court, and often found himself dodging spears that were being thrown at him by the then present king of Israel because of jealousy.
 3. Even after King Saul was chasing him, David on occasion found opportunity to gain vengeance on King Saul, but because of David's anointing and his budding character, as well as the respect that David had for who Saul had once been, he didn't take that vengeance.
 4. After David finally took his rightful place on the throne as the ruler of Israel, he again found himself being threatened, this time by his

own son, Absalom.

5. Throughout all of this, and so much more, David proved himself to be a man of character: one whom could stand in adversity as well as pleasure.

- **Yet before He could use the bread, Jesus first broke it.**

- a. David eventually came to a juncture in his life when he did not go out to battle with his soldiers. He instead stayed at home.
- b. The problem this time was compounded by the fact that the lovely Bath-Sheba, daughter of seven or Seventh daughter, decided to take her bath outside on her roof...naked...in the sight of the king who had stayed home from battle.
- c. David sent for her and committed adultery with her.
- d. David attempted to cover up her sin by sending for her husband, Uriah the Hittite, who was engaged in the battle (that David should have been fighting in.)
- e. David's goal was to have Uriah sleep with his wife, with the thought that he had made her pregnant and everything would be OK.
- f. But Uriah was a man of character and refused to sleep with his wife while his fellow soldiers were away engaged in battle.
- g. So David sent Uriah back to the battle, with the orders to Uriah's captain that Uriah was to be placed on the front lines of battle WHERE HE WOULD SURELY BE KILLED.
- h. David went beyond his integrity and character and committed three acts of sin: he engaged in adultery, he engaged in deception, and he engaged in murder.
- i. Upon confrontation by the Prophet Nathan, whom David had much confidence in, King David became broken and sought His Lord in our passage of Psalm 51.
- j. David somehow through facing his sorrow, brokenness, trials, and agony, made his way back to God.

III. The question now presents itself to us: How can I Face Sorrow, brokenness, trials, and agony and come out victorious?

Often, we try to deal with these situations on our own, under our own power, and utilizing our own wisdom. We usually get even deeper involved in sorrow. Remember the example of the bone that healed incorrectly and had to be rebroken as well as reset.

Remember the example of the broken bicycle and the welded joint that repaired it.

- **Remember that before He could use the bread, Jesus first broke it.**

We must look at our scars not as symbols of an error in our life but instead as symbols of God's grace and His healing hand in our life.

A. We must pray for discernment of spirits, and be certain that this situation is not a satanic attack.

1. **John 10:10-** “The thief comes only to steal, and kill, and destroy; I came that they might have life, and might have it abundantly.”
2. If these attacks are satanic, then on the basis of the Gospels of Jesus Christ, we have authority over them in Jesus' name-“And these signs will accompany those who have believed: in My name they will cast out demons, they will speak with new tongues;”
3. Even as we face the onslaughts of Satan, however, we don't have to waste our sorrows, but instead we can learn from them.

B. James tells us that we should count it all joy.

James 1:2-4- “Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing.”

1. God is on the throne and has His image in you as His goal.
2. Count it ALL joy.

All is a big word. It encompasses everything...and every event.
3. Don't give up when brokenness happens to you

- **Remember... before He could use the bread, Jesus first broke it.**

C. Instead, gladly and willingly be a partaker with Jesus.
1 Peter 4:12-16- “Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you;
but to the degree that you share the sufferings of Christ, keep on rejoicing; so that also at the revelation of His glory, you may rejoice with exultation. If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.
By no means let any of you suffer as a murderer, or thief, or evildoer, or a troublesome meddler;
but if anyone suffers as a Christian, let him not feel ashamed, but in that name let him glorify God.”

1. God’s goal in David was His image in Him

2. God’s goal in you is Christ’s image in you

D. Prove yourself to be faithful.
1 Peter 1:6-7- “In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ;”

1. No matter what may come your way, remain faithful.

2. Faithfulness was shown in David through his quickness to repent. Whatever your situation, remain faithful.

E. Wait on God.
Isaiah 40:28-31- “Do you not know? Have you not heard? The everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, and to him who lacks might He increases power.
Though youths grow weary and tired, and vigorous young men stumble badly,
Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.”

Probably one of the hardest lessons for Christians today to deal with is this...its all in His time. If we will yield to Him AND His time table, we will be rewarded...in wisdom as well as many other ways.

And finally...

F. Walk in victory

1 John 5: 1-4 “Whoever believes that Jesus is the Christ is born of God, and whoever loves the Father loves the *child* born of Him. By this we know that we love the children of God, when we love God and observe His commandments. For this is the love of God, that we keep His commandments; and His commandments are not burdensome. For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith.”

Overcoming is the place on “being in Him” and of “being in His likeness.” These are attainable goals that all of us achieve as we seek to know Him through our brokenness...

Even as David did.

Conclusion: It is important to note that David did not bug out on life; he instead faced up to his sin, even though it had to be pointed out to him by Nathan the prophet. AS he walked through his life, notice what God says about him.

Acts 13:22- “He raised up David to be their king, concerning whom He also testified and said, ‘I HAVE FOUND DAVID the son of Jesse, A MAN AFTER MY HEART, who will do all My will.’

By God’s grace, may the same be said about each of us.