

# Coffee AND Bible Time<sup>®</sup>

## H.A.N.D.L.E - Verses for Comfort When God feels Far Away

<u>Humble</u>	<p>Humbling is what we do when we tell God that we have come to the end of ourselves. Common thought patterns that aren't true, should be brought to God in prayer confession, such as:</p> <ul style="list-style-type: none"><li>• "I was trying in my own effort to please you."</li><li>• "I thought that if I did a lot for you, it would increase your love for me."</li><li>• "I thought that if I did a lot for you then you would give me what I thought I needed."</li></ul> <p>Understand that the Lord's love for you is the same yesterday, today, and tomorrow- regardless of what you do or do not do. Recognize that Christ died for you and brought you into a place of security, safety, rest, and full love- because he already delighted in you. He delighted in you BEFORE you could do anything for him.</p> <p><b><u>Psalm 18:16-19</u></b> He reached down from heaven and rescued me; he drew me out of deep waters. He rescued me from my powerful enemies, from those who hated me and were too strong for me. They attacked me at a moment when I was in distress, but the LORD supported me. He led me to a place of safety; he rescued me because he delights in me.</p>
<u>Ask</u>	<p>Ask yourself-</p> <ul style="list-style-type: none"><li>• "Where is the enemy possibly getting a foothold in my life?"</li><li>• "In what areas of my life am I potentially pushing the Lord away?"</li><li>• "Is there any way I have been quenching the spirit?"</li><li>• "Have I been bringing my doubts and questions to the world to answer other than God and his word?"</li></ul>

When we are at our weakest, that is when the devil wants to attack. He doesn't play fairly; he doesn't wait for the depression to go away, or for our prayer lives to get in order. He looks at our weak spots, and exposes them. It is important to understand that Satan loves to allure us with our own temptations when he knows we feel far from God.

In Luke 4 you see Jesus being TEMPTED by the devil when he was isolated in the wilderness. Tempting is what the devil wants to do; if he's doing it to Jesus, the perfect incarnate God, then you better BELIEVE he's going to be doing it to his image BEARERS.

That is where this passage gets important for us who are in this position of pain and allusive farness from God: **Luke 4:13** says that he departed from Jesus until the *opportune* time.... When you are down, and at your most vulnerable (feeling far from God/doubting/questioning), this is when the devil sees opportunity. Understand that the devil won't wait to tempt or taunt you until you are all and well with God- ask yourselves the important questions above to shield yourself from his blows. Ask God to help you put on the full armor of God so that you can shield yourself from the enemy.

#### **Luke 4:1-14**

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, **2** where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

**3** The devil said to him, "If you are the Son of God, tell this stone to become bread."

**4** Jesus answered, "It is written: 'Man shall not live on bread alone.'"

**5** The devil led him up to a high place and showed him in an instant all the kingdoms of the world. **6** And he said to him, "I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. **7** If you worship me, it will all be yours."

**8** Jesus answered, "It is written: 'Worship the Lord your God and serve him only.'"

	<p><b>9</b> The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. <b>10</b> For it is written:</p> <p style="padding-left: 40px;">“He will command his angels concerning you to guard you carefully;</p> <p><b>11</b></p> <p style="padding-left: 40px;">they will lift you up in their hands, so that you will not strike your foot against a stone.”</p> <p><b>12</b> Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”</p> <p><b>13</b> When the devil had finished all this tempting, he left him until an opportune time.</p>
<p><u>Name</u></p>	<p>Name your fears, doubts, and concerns. Often time it is hard for Christians to verbalize, write down, or confront these hard feelings because they fear that if they do this they will make them “real”. Understand that the Lord already <b>knows</b> these thoughts, doubts, questions, and concerns you have! This should give you peace. You can come to God with anything on your mind, because he is the one who already knows and will always care about the condition of his child.</p> <p><b><u>Psalm 139:1-12</u></b>  You have searched me, LORD, and you know me.  You know when I sit and when I rise; you perceive my thoughts from afar.  You discern my going out and my lying down; you are familiar with all my ways.  Before a word is on my tongue you, LORD, know it completely.  You hem me in behind and before, and you lay your hand upon me.  Such knowledge is too wonderful for me, too lofty for me to attain.  Where can I go from your Spirit?  Where can I flee from your presence?  If I go up to the heavens, you are there;  if I make my bed in the depths, you are there.  If I rise on the wings of the dawn,  if I settle on the far side of the sea,  even there your hand will guide me, your right hand will hold me fast.  If I say, “Surely the darkness will hide me and the light become night around me,” even the darkness will not be dark to you;</p>

	the night will shine like the day, for darkness is as light to you.
<b><u>Declare</u></b>	<p>Declare the truth of God’s word over yourself. Put on the full armor of God so that you will be able to extinguish the flaming arrows of the enemy. Know that while you are in this state of angst, depression, or confusion, it will be easy to ride off of emotion and feelings. This cannot be your primary voice of reasoning, because it is likely filled with cognitive distortions or false truths. Understand that in Christ Jesus- nothing can EVER separate you from God. No question, or concern you have is too big for him to handle.</p> <p><b><u>Ephesians 6:10-18</u></b>  <b>10</b> Finally, be strong in the Lord and in his mighty power. <b>11</b> Put on the full armor of God, so that you can take your stand against the devil’s schemes. <b>12</b> For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. <b>13</b> Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. <b>14</b> Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, <b>15</b> and with your feet fitted with the readiness that comes from the gospel of peace. <b>16</b> In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. <b>17</b> Take the helmet of salvation and the sword of the Spirit, which is the word of God.<b>18</b> And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.</p> <p><b><u>Romans 8:38-39</u></b>  <b>38</b> For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <b>39</b> nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.</p>
<b><u>Let go</u></b>	<p>Let go of trying to white knuckle your relationship with God. Understand that God is the essence <b>love</b>. There is no condemnation if you are in Christ Jesus! There is nothing you could do to ever separate yourself from God- so remember that ultimately it is not up to you to keep your relationship with God glued together. The work done on the cross is completed; Jesus was <b>the</b> perfect sacrifice, and you are now in right standing with God because of him. Understand also that he is compassionate, and aware of the frailty of our bodies and minds. He knows that you cannot in yourself be perfect which is why Christ has already been the perfect substitute.</p> <p><b><u>Psalms 103:8-14</u></b></p>

	<p>The LORD is compassionate and merciful,  slow to get angry and filled with unfailing love.  He will not constantly accuse us, nor remain angry forever.  He does not punish us for all our sins;  he does not deal harshly with us, as we deserve.  For his unfailing love toward those who fear him  is as great as the height of the heavens above the earth.  He has removed our sins as far from us as the east is from the west.  The LORD is like a father to his children,  tender and compassionate to those who fear him.  For he knows how weak we are; he remembers we are only dust.</p>
<p><b><u>Embrace</u></b></p>	<p>Embrace the trials that come your way! This doesn't mean that you should be seeking more trials for your life or that you are required to be the happiest you've ever been, but it does mean that you should count it joy. This is how God will refine you, and ultimately you will grow to look more like his Son. If life is a race, than God wants us to abide in him and run to the best of our ability.</p> <p><b><u>James 1:2-4</u></b>  2 Count it all joy, my brothers, when you meet trials of various kinds, 3 for you know that the testing of your faith produces steadfastness. 4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.</p> <p><b><u>Hebrews 12:1-2</u></b>  Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares <i>us</i>, and let us run with endurance the race that is set before us, 2 looking unto Jesus, the author and finisher of <i>our</i> faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.</p>