

SUNDAY MORNING

JOB, HOW ARE YOU FEELING?

1/2/2022

Message #1 **Handling Stress Biblically**

Text: Job

Theme: Learning not to add to the stress of those in trials.

What is the one point I am trying to get across? **We often make peoples' trials more difficult by what we say to them as family and friends**

Job was a man of integrity and wealth. While he lost his wealth he never lost his integrity (Job 1:1, 22; 2:3)

Sadly one of Job's greatest tests was responding to his friends who were trying to help him (2:11-13)

Outline of Job

Job's dilemma (1-3)

Job's debates/dialogs (4-37)

3 debates w/ 3 friends

4 speeches

Job's deliverance (38-42)

Notice how difficult it was for Job after hearing his friends' comments (12:2, 3; 16:1-3; 19:1, 2; 21:3)

The Lord also challenged the three friends (42:7)

Have you ever not wanted to come to Church or not wanted to let people know just because of all of the questions?

What should we say or do?

Reassure them of your prayers and concern

If you are close, offer them to talk later

Ask them if there is a passage or characteristic about God that has been helpful

We need to suffer within our community

We need to help one another to suffer biblically