

RESILIENT FAITH IN A TURBULENT WORLD



The Pain Goes Somewhere

“Humans must have a place to take their pain.”

(from *Slow Theology*)

Two possible outcomes when dealing with pain within unhealthy attachments or uneven relationships: under-sharing our pain, or over-sharing it.

“Emotional displacement happens when a person cannot take the pain to the person who created it, so they take it somewhere else. Displacement is often the only way to remedy the deep pain inside. If I can’t take my pain to its proper source, then I must take it to someone or something.”

(from *Slow Theology*)

Rage Rooms



In addition to under-sharing, over-sharing, and displacing... we also do a lot of attempting to escape our pain... or at least dulling it.

"True Christian spirituality always invites us to go *to* the pain rather than run *away* from it."

(from *Slow Theology*)

Psalm 22

¹ My God, my God, why have you forsaken me?
Why are you so far from saving me,
so far from my cries of anguish?

² My God, I cry out by day, but you do not answer,
by night, but I find no rest.

Psalm 22

³ Yet you are enthroned as the Holy One;
you are the one Israel praises.

⁴ In you our ancestors put their trust;
they trusted and you delivered them.

⁵ To you they cried out and were saved;
in you they trusted and were not put to shame.

Psalm 22

⁶ But I am a worm and not a man,
scorned by everyone, despised by the people.

⁷ All who see me mock me; they hurl insults, shaking
their heads.

⁸ "He trusts in the Lord," they say,
"let the Lord rescue him. Let him deliver him, since he
delights in him."

Psalm 22

⁹ Yet you brought me out of the womb;
you made me trust in you, even at my mother's breast.
¹⁰ From birth I was cast on you;
from my mother's womb you have been my God.
¹¹ Do not be far from me, for trouble is near
and there is no one to help.

Psalm 22

¹² Many bulls surround me; strong bulls of Bashan encircle me.

¹³ Roaring lions that tear their prey open their mouths wide against me.

¹⁴ I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me.

¹⁵ My mouth is dried up like a potsherd, and my tongue sticks to the roof of my mouth; you lay me in the dust of death.

Psalm 22

¹⁶ Dogs surround me, a pack of villains encircles me;
they pierce my hands and my feet.

¹⁷ All my bones are on display; people stare and gloat
over me.

¹⁸ They divide my clothes among them and cast lots for
my garment.

Psalm 22

¹⁹ But you, Lord, do not be far from me. You are my strength; come quickly to help me.

²⁰ Deliver me from the sword, my precious life from the power of the dogs.

²¹ Rescue me from the mouth of the lions; save me from the horns of the wild oxen.

Psalm 22

²² I will declare your name to my people; in the assembly I will praise you.

²³ You who fear the Lord, praise him! All you descendants of Jacob, honor him! Revere him, all you descendants of Israel!

²⁴ For he has not despised or scorned the suffering of the afflicted one; he has not hidden his face from him but has listened to his cry for help.

Psalm 22

²⁵ From you comes the theme of my praise in the great assembly; before those who fear you I will fulfill my VOWS.

²⁶ The poor will eat and be satisfied; those who seek the Lord will praise him—may your hearts live forever!

²⁷ All the ends of the earth will remember and turn to the Lord, and all the families of the nations will bow down before him,

²⁸ for dominion belongs to the Lord and he rules over the nations.

Psalm 22

²⁹ All the rich of the earth will feast and worship; all who go down to the dust will kneel before him—those who cannot keep themselves alive.

³⁰ Posterity will serve him; future generations will be told about the Lord.

³¹ They will proclaim his righteousness, declaring to a people yet unborn: He has done it!

Psalm 22 falls under the category called "lament" psalms.

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Of all the Psalms, between 30% and 40% are categorized as “lament” psalms!

The Invitations of Lament Psalms

Be honest and transparent.

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Invite God to act.

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Be honest and transparent.

Name God's character.

Invite God to act.

Affirm God's faithfulness, and commit to hope.

1 Corinthians 13:12

For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.

How Successful
Couples Turn Conflict
into Connection

Fight Right



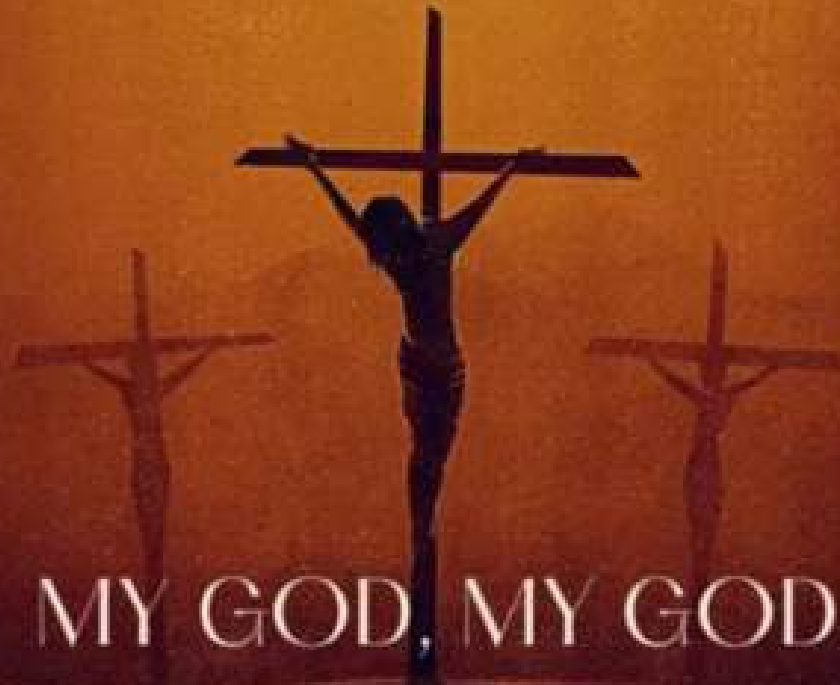
New York Times bestselling authors
of *The Seven Principles of Making
Marriage Work* and *Eight Dates*

Dr Julie Schwartz Gottman
Dr John Gottman

“The Bible reminds us that having complaints against God is normal, it is expected, and there is a long and rich tradition of biblical lament that teaches us how to bring our frustrations to God. Blocking someone out of your life—even and *especially* God—is inevitably a relationship killer. While the alternative is “fighting it out,” at least there is hope for learning how to fight *well* with God.”

(from *Slow Theology*)

PSALM 22



MY GOD, MY GOD
WHY HAVE YOU FORSAKEN ME

“While Jesus uttered out loud only the opening words — “Why have you forsaken me?” — as a devout Jewish man, Jesus was initiating the healing practice of lament... It is a spiritual paradox, but Jesus’ identification with the feeling of being forsaken by God is actually a gift to us now.

Jesus paved the way for us who believe, even when we feel deep anguish and exasperation and cannot reconcile God's promises with our present experiences. Jesus reminds us that it is actually okay to fight with God, as long as we fight well."

(from *Slow Theology*)

Job 10:1-3

"I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul. ² I say to God: Do not declare me guilty, but tell me what charges you have against me. ³ Does it please you to oppress me, to spurn the work of your hands, while you smile on the plans of the wicked?

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“The medium is the message.” (Marshall McLuhan)

"The Bible's description of loss and suffering are narrated in a form of literature that inherently necessitates slowing down. As Eugene Peterson wisely writes, 'Poetry cannot be hurried. We must slow our minds (and in prayer, our lives) to the pace of the poet's phrases, separated by pauses... Poetry requires equal time to be given to sounds and silences.'"

(from *Slow Theology*)

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