

Week 5 - Hope in Distress

"Occasionally, weep deeply over the life you hoped would be. Grieve the losses. Then wash your face. Trust God. And embrace the life you have." John Piper



1. In your experience how do people respond if they know that you are sad/ depressed/unhappy?
2. The path of descent is often the path of transformation? Can we think of times in our life that this has been true?
3. There are many different emotional responses recounted in this passage, including Jesus' own. Is it a comfort to you to know that Jesus wept?
4. Look again at the above quote. Do you agree? How can you embrace the life you have, today?

Dear Father,
While I know in my head You are worthy of praise,
The pain in my soul weighs heavy.
Thank you that you never turn me away, Especially when I am distressed.
Even when I can't find the words to describe the depth of agony, Your presence comforts my heart,
Your peace calms my spirit, And Your power charges my soul.
Though the anguish permeates my being, Your love conquers all pain.
Jesus, hold me close to your heart.
May the distress of this world be transformed into a delight in You alone.

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John 11v17-37

Jesus Comforts the Sisters of Lazarus

17 On his arrival, Jesus found that Lazarus had already been in the tomb for four days. 18 Now Bethany was less than two miles^[b] from Jerusalem, 19 and many Jews had come to Martha and Mary to comfort them in the loss of their brother. 20 When Martha heard that Jesus was coming, she went out to meet him, but Mary stayed at home.

21 “Lord,” Martha said to Jesus, “if you had been here, my brother would not have died. 22 But I know that even now God will give you whatever you ask.”

23 Jesus said to her, “Your brother will rise again.”

24 Martha answered, “I know he will rise again in the resurrection at the last day.”

25 Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; 26 and whoever lives by believing in me will never die. Do you believe this?”

27 “Yes, Lord,” she replied, “I believe that you are the Messiah, the Son of God, who is to come into the world.”

28 After she had said this, she went back and called her sister Mary aside. “The Teacher is here,” she said, “and is asking for you.” 29 When Mary heard this, she got up quickly and went to him. 30 Now Jesus had not yet entered the village, but was still at the place where Martha had met him. 31 When the Jews who had been with Mary in the house, comforting her, noticed how quickly she got up and went out, they followed her, supposing she was going to the tomb to mourn there.

32 When Mary reached the place where Jesus was and saw him, she fell at his feet and said, “Lord, if you had been here, my brother would not have died.”

33 When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. 34 “Where have you laid him?” he asked.

“Come and see, Lord,” they replied.

35 Jesus wept.

36 Then the Jews said, “See how he loved him!”

37 But some of them said, “Could not he who opened the eyes of the blind man have kept this man from dying?”