

Lesson for Sunday, Sept. 11, 2022

"HOPE FROM THE PSALMS"

SMILING THROUGH THE PAIN

(Psalms 55)

Lesson Outline

I. What is it to "Smile?"

Old Testament

Psalms 30:5
Psalms 55
2Kings 20:5

New Testament

James 1:2
John 16:33
Romans 12:1-2
2Cor 4:18
Ephesians 6:10-18

II. I Would Fly Away!!

Psalms 55
Psalms 27:1
Psalms 40:1
Psalms 27:14
Proverbs 20:22

2Cor 4:7
Romans 8:37
2Cor 11:24-30
2Cor 12
Rev 7:17

III. Pain is Pain....BUT!!!!

Psalms 46:10
Psalms 56:8

2Cor 4:8-9
2Cor 11:24-30
2Cor 4:6-7
2Cor 4:17
2Cor 12

WORD DEFINITIONS

1. Smile: To express approval and to have a pleasant disposition in the midst of difficult circumstances.;
2. Through: In spite of....
3. Pain: Distress; torment; anguish; tribulation;
4. Position: To take a stand and not be moved;
5. Dis.....: To go beyond;
6. Disposition: To take a position or stand beyond what is expected;
7. But: A conjunctive connector which means "contrary to expectation." The bridge of HOPE.

QUESTIONS FOR CONSIDERATION

1. Talk about smiling through painful issues.
2. Discuss your disposition (taking a position beyond what is expected) in relation to the armour of God in Ephesians 6:10-18.
3. How does being dressed in the armour of God affect your disposition?
4. Have you ever wanted to "fly away" from life? Discuss.
5. Look at Isaiah 40:31. Is "mounting up with wings as eagles" the same as 'flying away'?
6. Talk about your "HOPE" your "CONFIDENCE" and why the Hebrew writer says in Heb. 10:35: "Cast not away therefore your confidence, which hath great recompence of reward."

SisStar Reflections

1. You can smile in the midst of issues in life when you understand that "smiling" means "to express approval of the Word of God."
2. The enemy is defeated when your disposition is beyond what is expected. (James 4:7 - remember the formula).
3. Your joy is not dependent upon issues but on your relationship with the Lord.
4. Shedding tears is not a sign of weakness nor a lack of faith. It's okay to cry - so thank God for the ability to cry. If Jesus cried, so can you!!! Never apologize for crying.
5. Hurts in life force you to focus more on the One who heals all hurts rather than on the thing which is causing the hurt.
6. Remember that you are a Daughter of the King - and you are a VICTOR and not a victim. You are MORE THAN A CONQUEROR!!!
7. There is no one or no thing that can ever separate you from the Love of God, which is in Christ Jesus. (Romans 8:35-39)