



Lesson 11 Re-Cap | 09/11/2022| *“Hope from the Psalms- Smile through the pain”*
“Hope from the Psalms”

Psalm 55

There is something about being together on Sunday mornings!

The savior is sitting up high and looking low, our God is always now and always will be!

I. What is it to smile?

- ♥ Even though you may be hurting you can learn to smile while you’re going through trials; you can make it!
- ♥ You can make it because of whose you are and who you belong too!
- ♥ Smiling can trick your brain into feeling happy which in turns changes your mood
- ♥ A genuine smile is the universal language that is spoken around the world
- ♥ A smile is an interaction that means to express approval
- ♥ A smile is to express approval and you allowing your disposition to transform your view of the circumstances.
- ♥ You can’t change your trial, but you can change your approach to handling the distress.
- ♥ How you handle your trials is a direct reflection of your vertical relationship with God

II. I would fly away!!

- ♥ Sometimes life will make you have the Ostrich syndrome; where we put our head in the sand and just get away from everything.
- ♥ Sometimes you will experience betrayal from your own friends even those you call best friend
- ♥ Friends will leave but smile and let God take care of you. Remember the Lord is your light and salvation



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- ♥ Sometimes in the middle of turmoil you have to fix your disposition and call upon the Lord
- ♥ God takes care of all your trials even when it doesn't feel like he is near.
- ♥ Trials will happen but smile and fix your attention
- ♥ Trust God during your trials
- ♥ God is light; the same light that was with David back then is the same light that still shines for us

III. Pain is Pain....But!!

- ♥ Paul was perplexed, Paul was persecuted, Paul was cast down on every side...but
- ♥ The word “But” is your bridge to hope; it means contrary to expectation
- ♥ You are filled with the Holy Spirit of power
- ♥ Your light afflictions are temporary they may seem long lasting, but they will end.
- ♥ **Be like Paul and say -I am going to smile during the midst of my test.**
- ♥ **Be like Paul and say -I will be made strong when I am weak**
- ♥ **Be like Paul and say - I am strong in the Lord and the power of his might**
- ♥ The enemy doesn't understand that you can smile through your pain because he doesn't know your power
- ♥ Joy comes in the morning; we don't know how long the night may last but we can still have joy and smile through the pain.
- ♥ There is strength in grace, there is power in grace, there is breakthrough in grace
- ♥ You are chosen and protected in God's care
- ♥ Sistar God is leading you in the path of his choosing; hold your head up and smile
- ♥ Understand that the eternal last forever; start to have an eternal perspective
- ♥ Having tears is normal; your tears are normal.
- ♥ It's okay for you to weep during a troublesome situation



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A lesson from the hymns

Mr. Charles Dorsey had just lost his wife and daughters and amid pain he wrote when the storms of life are raging; *stand by me and precious Lord take my hand lead me on and let me stand. These songs give us comfort, but they were developed because of pain.*

There was a young lady who was blinded at the age of 3 because a doctor put the wrong medication in her eyes yet in her despair smiled and wrote songs like *“blessed assurance” “what a friend we have in Jesus”*

There was a preacher whose family went through many ups and downs; his family went through so much that the church he was in told him that he must have sin in his life to be going through so much despair. Through many trials the family was going to go to Europe; due to circumstances he sent his 4 daughters and wife ahead on a ship. Soon after the voyage began; a storm arose and overtook the ship his 4 daughters perished in the sea and his wife along with 1 other were the only survivors. Determined to meet his wife in Europe he traveled across the sea. He had asked the captain to notify him when they reached the place where his daughters lost their lives. As he approached the space overwhelmed with emotion he looked down and began to smile through the pain and begin to put on the garment of praise and wrote the following words: *“When peace like a river attendeth my way; when sorrow like sea billows blow; it is well with my soul.*

Sistar, don't you give up and don't you give in!

God sees you amid your pain and he will care for you!

Remember to Smile!