

Sunday School Lesson for the Month of May 2020

What Can We Do When Trouble Comes?

(Psalms 121:1-8)

(Sunday, May 10, 2020)

“Grit your teeth and bear it” is the philosophy many would suggest when trouble comes. For trivial matters, especially troubles of your own making, this might work, but the Psalmist’s example is much more effective. Psalms 121 belong to a group known as the Pilgrim Psalms. It was written to be sung by a group of pilgrims in unison while walking toward Jerusalem (vs 8).

What can we do when trouble comes?

Here are four suggestions to allow God’s help to reach us.

I. We must try to view trouble objectively.

Establishing a proper perspective is a difficult task indeed. Yet it is essential. Learn to develop your own perspective by asking these questions of yourself:

- What about the troubles of a minor nature, we have brought on ourselves? God has equipped us with a sense of humor. In this case, we ought to use this and have a good laugh at ourselves.
- What about those troubles that confuse us by their proximity? Look at what the Psalmist did. He took a long look at distant hills, then turned back to analyze his problems. His perception of his problem changed when he took his eyes off of them.
- What about those troubles that were meant to wreck all of our cherished plans? Acts 16:6-8 tells us of the wreckage of one mission initiative after another. Then follow two of the most thrilling verses in the New Testament (vs. 9-10), where Paul receives the call to cross over into the Continent of Europe with the gospel. The greatest move in Paul’s career arose out of the ashes of ruined plans. Some good can come out of every bad situation.

(Sunday, May 17, 2020)

II. When trouble comes, we must see it as God's opportunity.

We must not wallow in self-pity, asking, "why did this happen to me?" We must not deal with resentment, nor brood over our trouble, nor complain. We should ask the question, "what blessings are in this?" God didn't send it, but He can use it for our good if we have faith!

- Our troubles can be God's opportunity to make something out of us. Our God is a sovereign God. He overrules all things for the ultimate good of those who love Him (Rom. 8:28).
- Our troubles can be God's opportunity to spread the gospel. This was Paul's interpretation of his first imprisonment in Rome (Phil. 1:12).
- Our troubles can be an opportunity to develop our moral and spiritual muscles. The story is told about a young dog being hit by a car and suffered two broken legs. The Veterinarian put the dog's entire hindquarters in a cast for some weeks. During this period, the dog dragged himself around the house with his two front legs. When he had completely recovered, he was a full-grown dog! If God can do that for a dog, He surely can do as much for us.

(Sunday, May 24, 2020)

III. When trouble comes, we must allow it to draw out our inner strength.

- Inner reserves must be stored before trouble comes if they are to be called forth in a crisis. We must learn to walk with God while the sun is shining if we are going to stand with Him in the storm. Daniel's life demonstrates this (Dan. 6:10).
- Trouble will call out our inner reserves of strength. Trouble not only develops character - trouble reveals it.

(Sunday, May 31, 2020)

IV. When trouble comes, we must look outside ourselves to God, the source of all our strength.

When the Psalmist asks, "from whence cometh my help? (vs. 1) His answer is "My help cometh from the Lord" (vs. 2). How is this help mediated to a person?

- By Prayer. “I will lift up mine eyes unto the hills” (vs. 1) of course this means prayer.
- By Bible Study. Growth in grace and in knowledge of the Lord can be obtained only through in-depth Bible Study.
- By exercising faith. Christians know that faith is the means by which they live daily. The unsaved must realize that faith in Christ is their only hope.

Let no person think that he or she will not experience trouble. There are no exceptions. When trouble comes, we must view it correctly, respond to it directly, and look with confidence to God, from whom our help comes.