

## Grace to Endure

By Pastor Fougere Gordon

**Introduction:** The amazing thing about the tongue is that no matter how many times we accidentally bite or injure it, God has made it possible for it to heal itself with no residual scars; just like a jellyfish. However, the tongue can inflict deep emotional pain that may take years to heal. Even though emotional pain can be healed in time, the remaining scars could be a lasting reminder of a traumatic event that we don't want to think about. We all know how to hide emotional wounds and scars, but if we continue to ignore them, it could hinder us from reaching our full potential or having a higher quality of life full of joy. It is a fact of life that none of us can go through this life without some form of suffering. When we are broken and bleeding inside, please understand that God cares. He wants to apply the balm of Gilead to help us to heal. The blood that He shed at the cross of Calvary was intended to bring emotional healing from the pain that seems almost impossible to heal. God will give us the grace and the strength needed to endure the pain, the trauma, or the emotional pounding that has caused us to shed those silent tears that no one can see as a result of a stake being driven through our heart. Just know that God understands and He wants to do more than just wipe the tears away. The Lord wants to do surgery to remove that stake. But we must cooperate and allow Him to do that. When we have a headache, we will take an aspirin. As you well know, aspirin does not take the headache away. It only hides the pain. Medicine, drugs, alcohol, or self-harm will not be able to take the stake that someone has plunged into our hearts. Alcohol and drugs will only camouflage the pain for a while. God, on the other hand, wants to go to the root of the problem and do

spiritual surgery to bring the healing that we need so we can be set free to fulfill the goals God has set out for us. Life will always have its challenges. You and I will unexpectedly be sucker-punched. Whatever the situation may be that is causing the stream of tears to flow, God wants to tell each of us that we can be healed from that emotional pain. The Lord wants to comfort us if we are willing to let him do that. God has promised that He will not abandon us during our hour of despair trying to cope with the challenges of life. Our part is simply to maintain hope, trust in Him, and allowing the Holy Spirit to nurse us back to health. The Lord's end goal is to for us to get back on our feet so that we can be about our father's business stronger, wiser, and mentally tougher. The new warrior that emerged through that episode will be able to take on the enemy and defeat him in the battlefield of life. So the next time the enemy wants to plunge a dart in our heart, we will be prepared to block those attacks by being able to take the shield of faith to block all his fiery darts. In that case, no weapon formed against us will be able to penetrate the full armor of God that is protecting us. Now, let's turn to the word of God to find out about a child of God who was going through a major attack by the enemy and how he was able to cope with it.

**Sermon text:** Psalms 55:1-8, *"Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger. My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm".*

This prayer is the cry of a man who had been deeply attacked and wounded. Through his prayer, he was pleading with God for help. As you listen to him describing the anguish of his heart, you will be able to identify and understand the pain that he was experiencing. King David told God that he was deeply troubled by the attack of the enemy. He told the Lord about the deep emotional pain he was experiencing as a result of what was happening to him. David also said that he was even in fear of death itself since the attacks were too much for him to handle. David pointed out to the Lord that he wished he had wings so that he could just fly away to a place of safety. When you and I are tormented to the point where we just want to escape from it all, rest assured the Lord will be listening to our plight and will be drawing ever so close since we will not be in the best of condition to make sound decisions. David did the right thing by going before His maker to plead his case and to let God know exactly the distress he is in. Others may not be able to understand the extent of the pain. It's not because they don't care. Many times people don't know what to say. Maybe they simply don't understand the extent of the pain or possibly they can't identify since they've not gone through a similar experience. But the Lord, who is our maker, our creator, understands our plight and he wants to help. During times of emotional distress, people often want to shut out the world and loved ones. But, it is important that we not shut God out since He not only wants to help, but he also has the right solution to the problem that is causing so much anguish, so much pain, and so much unhappiness. On the outside, we may look good, smell good, and have the biggest smile around. But deep within, there could be a heart that is shattered to pieces. Loved ones may not know what to do. Doctors and other medical professionals may be dumbfounded on how to help except to numb us with pain medications. But, our Heavenly Father who knows us inside and

out, has already diagnosed the problem and has the solution in hand to bring about our deliverance from the torment of our hearts. God came to David's rescue and brought about the deliverance that he needed. The Lord wants to do the same for us when we are at our lowest point. The Apostle Paul was greatly troubled by something he called, a thorn in the flesh. It could have been something physical such as a deformity. It could have been the many ways that he was persecuted for preaching the gospel message. Or it could have been the anguish he felt about his former life before turning his life over to Christ. Whatever it was that he was battling, the issue was so distressing to him that he took the matter to God. This is a lesson for us that we must take the situation to God also rather than bottling it all inside. The problem will destroy us the longer we hold on to it. Talking with the Lord about it with no holds bar is actually fifty percent of the solution. It is important to put it out there so that God can do his part to provide the healing and the deliverance. God wants us to come to Him. The throne room of grace is wide open for us because the Lord wants our joy to be full. He wants us to be victorious instead of being a victim.

**Conclusion:** The Lord will continue to draw close to us during times of emotional suffering if we let him. God intends to shower us with His grace and power so that we can overcome the situation that is causing the heartaches. Do not push God away when experiencing emotional trauma since the enemy will try to take advantage of our weakened state by trying to convince us to shut out people and our loved ones. While God is doing His work to restore us to wholeness, let him also refresh our souls. It is understood that we may have to undergo a period of emotional healing before being placed back in the harvest field to fulfill the work of the

kingdom. God's grace is all that you and I need to be restored back to full emotional health. David sought the Lord when he was attacked and God delivered him. The Apostle Paul sought God's assistance when he was being oppressed and the Lord's response to him was that His grace was enough to get him through. This is the unmerited favor of God released freely to benefit you in all situations. The greater our need, the greater the grace that will be poured on to offset the plan of the enemy. God's grace will strengthen us so that we can endure until we cross the finish line into eternity. The grace of God will also restore to full emotional health again. It is that same grace that will support us through suffering, frustrations, disappointments, and despair. Indeed, His grace is sufficient for us and His strength will be made perfect in our weaknesses and in times of emotional distress. So, let us lean on the Lord when our hearts are breaking. He can mend it again to make us whole, stronger, and better. God wants us to endure to the end and we will if we continue to hold on to His hand and allow Him to help.

**Altar Call:**