

HOW TO MAKE IT THROUGH A BAD DAY Real Life Notes

“Choose Compassion”

Luke 23:32-43

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Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because He never lost sight of where He was headed - that exhilarating finish in and with God - He could put up with anything along the way: Cross, shame, whatever. And now he's there, in the place of honor, right alongside God. (Hebrews 12:2 MSG)

When you have a bad day . . .

You are tempted to focus inward.

2. Help others who are experiencing a bad day.

If I am going to help somebody:

Myth #1: I have to have it all together.

Myth #2: I have to have all the answers.

Myth #3: I have to have be passed my pain.

If you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. (Isaiah 58:10)

1) Make God's love personal for you.

As God's chosen people, holy and dearly loved, clothe yourselves with compassion. (Colossians 3:12)

Praise the LORD, O my soul, and forget not all his benefits- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion. (Psalm 103:2-4)

2) Tell somebody how He is helping you through it.

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. (2 Corinthians 1:3-4)

3) Focus them on the hope of eternity.

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you." (John 14:1-2)

While we wait for the blessed hope - the glorious appearing of our great God and Savior, Jesus Christ. (Titus 2:13)

Application: Who am I supposed to comfort?

(Read: Matthew 26:14-27:56; Mark 14:12-15:41; Luke 22:1-23:49; John 13-19)