

When Life Gets Hard God Brings Greater Appreciation

Psalm 8 Hebrews 12:28 Matthew 6:25-33

1. Have you ever had the experience of wanting one thing so much that you miss when something else good comes your way?

2. What can sometimes happen when we experience hard times?

- How does God sometimes answer our prayers?

3. This week: When life gets hard, God brings a deeper level of appreciation for all that God has given us. God helps us to see with greater appreciation blessings that we normally overlook. While we still may suffer, God awakens in us a clarity to see and appreciate the many good gifts he has given us.

4. Notes on Mathew 6:25-33, Jesus' *Sermon on the Mount*:

- The setting and the living conditions of the people who were listening:

- *“Therefore I tell you, **do not worry about your life**, what you will eat or drink; or about your body, what you will wear.” v.25a*

- *“**Is not life more than food, and the body more than clothes?**” v.25b*

- *“**Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?**” v.26*

- *“Can any one of you **by worrying add a single hour to your life?**”*

v.2

- *“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after a these things, and **your heavenly Father knows that you need them.**”*

vss.31-3:

- *“**But seek first his kingdom and his righteousness, and all these things will be given to you as well.**” v.33*

- What is Jesus doing in this part of the *Sermon on the Mount*?

5. Mindfulness: the psychological process of bringing one's attention to more fully appreciate the experiences occurring in the present moment and to do this in a non-judgmental way.

6. Appreciative gratitude _____ to God's miraculous power of recovery.

- *Therefore, **since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe.** Hebrew 12:28*

7. Summary of sermon: When life gets hard, God brings a deeper level of appreciation for all that God has given us. We can become angry at God when we are waiting for God to heal and restore our lives. In our anger we can miss what God is giving us. God brings meaning to our loss and suffering by leading us to more deeply appreciate what God has given us. Being more mindful of what God has given us leads to greater appreciation and gratitude that has God supernatural power of recovery.

8. Next Steps: Start a _____ journal. Allow this discipline to build in you holy resiliency and joy.