

# HOW TO LIVE THROUGH A BAD DAY

## The Sustaining Step

Matthew 27:45-46

When **darkness** descends the **questions** arise.

At about three o'clock, Jesus called out with a loud voice, "Eli, Eli, lema sabachthani?" which means "My God, my God, **why** have you abandoned me?" (Matthew 27:46, NLT)

The **Sustaining Step**: **Aim** your hard **questions** at God.

## Why?

(1) He can **handle** it.

At about three o'clock, Jesus **called out** with a loud voice, "Eli, Eli, lema sabachthani?" which means "My God, my God, **why** have you abandoned me?" (Matthew 27:46, NLT)

When you go through **deep waters**, I will be with you. When you go through **rivers of difficulty**, you will not drown. When you walk through the **fire of oppression**, you will not be burned up; the flames will not consume you. For I am the LORD, your God... **you are precious to me**. You are honored, and I love you. (Isaiah 43:2-4, NLT)

**Even when life is at its worst, God is still at His best.**

(2) He can be **trusted**.

At about three o'clock, Jesus called out with a loud voice, "Eli, Eli, lema sabachthani?" which means "My God, my God, **why** have you abandoned me?" (Matthew 27:46, NLT)

Give thanks to the LORD, for he is **good**! His faithful **love** endures forever. (Psalm 106:1, NLT)

We do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an **eternal** glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is **eternal**. (2 Corinthians 4:16-18, NIV)

**Jesus experienced the worst on earth so that we could experience the best of heaven.**

## How?

(1) We can **learn** while still asking why.

"Eli, Eli, lema sabachthani?" (Matthew 27:46, NIV)

"Eli, Eli, lema sabachthani?" (Psalm 22:1, RHT)

Even though Jesus was God's Son, he **learned** obedience from the things he **suffered**. (Hebrews 5:8, NLT)

**Pain is a passport that will take you places you would never get any other way.** (Levi Lusko)

(2) We can **bless others** while asking why.

All who see me **mock** me; they **hurl insults**, **shaking their heads**. "He trusts in the LORD," they say, "let the LORD rescue him." (Psalm 22:7-8, NIV)

They pierce my hands and my feet. (Psalm 22:16, NIV)

They divide my clothes among them and cast lots for my garment. (Psalm 22:18, NIV)

"My God, my God, why have you **abandoned** me?" (Matthew 27:46/Psalm 22:1, NLT)

God made **him who had no sin** to be **sin for us**, so that in him we might become the righteousness of God. (2 Corinthians 5:21, NIV)

**Jesus suffered the pain of separation so that we could know the blessing of intimacy.**

(3) We can **worship** while asking why.

"My God, my God, why have you **abandoned** me?" (Matthew 27:46/Psalm 22:1, NLT)

I will **proclaim** your name to my brothers and sisters. I will **praise** you among your assembled people. **Praise** the LORD, all you who fear him! **Honor** him... For he has **not ignored** or belittled the suffering of the needy. He has **not turned his back** on them, but has listened to their cries for help. I will **praise** you in the great assembly. (Psalm 22:22-25, NLT)

"Since we are receiving a **Kingdom that is unshakable**, let us be thankful and please God by **worshiping** him with holy fear and awe. For our God is a **devouring fire**." (Hebrews 12:28-29 NLT)

**Worship in our deepest pain can bring the greatest healing!**