



A Cry of Despair: I Just Want to Die! • Part 1

Lesson 8 • Job 3

Have you ever been so sad, suffered so much loss, endured so much pain, or felt so hopeless and helpless that you just wanted to lie down and die?

Have you been there? Are you there now? Or is it your worse fear?

Where Are We in the Book of Job?

- 1) We have now left the narrative section of the book (**Chap. 1–2**) and entered into the **POETICAL** section (**Chap. 3–42**).
- 2) God is **DONE** speaking and will not speak again **until Chapter 38**.
- 3) We are in the realm of **HUMAN** words and wisdom about God's sovereignty, sin, and suffering.
- 4) Job is not so much praying to God or pleading with his friends in **Chapter 3** as he is expressing his deep **DESPAIR**.

Job's CRY of DESPAIR in Chapter 3

He is **CURSING** the day he was born in light of his present despair. (1-10)

He is **CRYING** that he cannot die to escape his present despair. (11-26)

Two Dreadful Consequences of a Despairing Heart

1. Despair Breeds a DESIRE FOR DEATH = DEATH WISH. (3:1-26)

- I wish I had never been **BORN**. (1-10)
- I wish I had died at **BIRTH**. (11-19)
- I wish I could die **RIGHT NOW**. (20-26)

Desiring Death Versus Committing Suicide:

- 1) Suicide is taking God's sovereign **RIGHT** over life and death into one's own hands. (= Self-murder) *Exodus 20:13; Leviticus 24:17*
- 2) Suicide is **NEVER** presented as an accepted alternative for believers in the Bible. (= Six suicides by the ungodly in the Bible)

Abimelech ~ *Judges 9:54*
Samson (?) ~ *Judges 16:3*
Saul and His Armor-bearer ~ *1 Samuel 31:4-5*

Ahithophel ~ *2 Samuel 17:23*
Zimri ~ *1 Kings 16:18*
Judas ~ *Matthew 27:5*

- 3) Suicide is a **HORRIBLE** sin against God and loved ones but it is **not** an unforgivable sin. *1 John 2:1-2; Romans 8:37-39*
- 4) Suicide is deceptively presented by the Adversary as a means of finding **RELIEF** but results in eternal regret.

2. Despair Brings DISTORTED THINKING.

"We all [should] fortify ourselves against the dark hours of depression by cultivating a deep distrust of the certainties of despair. Despair is relentless in the certainties of [its] pessimism." ~John Piper

Six Ways Despair Distorts Our Thinking:

#1 Distorted Thinking: Strong believers (or true believers) **DON'T** ever get depressed.

Biblical Reality: Even the strongest believers despair and some actually suffer severe bouts of depression.

- Paul the Apostle ~ *2 Corinthians 1:8; 4:1, 7-12, 16; 7:5*

- David the King ~ *Psalms 6; 13; 38 as well as 42; 88*

- Jeremiah the Prophet ~ *Jeremiah 20:14-18*

- Elijah the Prophet ~ *1 Kings 19:4-5*

- Martin Luther the Reformer

- Charles Spurgeon the Prince of Preachers

- C. S. Lewis the Apologist

- Jesus the Sinless God-Man ~ *Psalms 22; John 12:27; Mark 14:34*

Is Job a Positive or Negative Example of Despair?

He is a **REALISTIC ONE**, while still being one of the godliest people in all the Bible.

All serious Christians experience spiritual depression to a greater or lesser degree. The issue, then, is not that you experience spiritual depression, but how you **RESPOND** to it.

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God. 2 Corinthians 1:3-4

All praise to the God and Father of our Master, Jesus the Messiah! Father of all mercy! God of all healing counsel! He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us. The Message

Next Time: Five More Ways Despair Distorts Our Thinking