



## A Cry of Despair: I Just Want to Die! • Part 2

Lesson 9 • Job 3

### 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)

Is Job a Positive or Negative Example of Despair?

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

*"How painful are honest words! But what does your argument prove?*

*Do you intend to reprove my words, When the words of one in despair belong to the wind?" ~Job to His Friend Eliphaz (6:25-26)*

*"Therefore I will not restrain my mouth; I will speak in the anguish of my spirit, I will complain in the bitterness of my soul." ~Job to His God God (7:11)*

### Two Dreadful Consequences of a Despairing Heart

#### 1. Despair Breeds a 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)

**Remember:** The difference between desiring death and committing suicide is doing something about it by claiming God's authority over life and death as our own.

#### 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*

**#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 ~ Psalm 6; 13; 38; see also Psalm 42; 88
- Jeremiah the Prophet ~ Jeremiah 20:14-18
- Elijah the Prophet ~ 1Kings 19:4-5
- Martin Luther the Reformer
- Charles Spurgeon the Prince of Preachers
- C. S. Lewis the Apologist
- Jesus the Sinless God-Man ~ Psalm 22; John 12:27; Mark 14:34

**#2 Distorted Thinking:** We should be able to easily diagnose and "**FIX**" our despair or the despair of others.

**Biblical Reality:** Believers are still complex human beings with a sin nature.

- Physical Despair
- Mental Despair
- Emotional Despair
- Social Despair
- Spiritual Despair

*"For what I fear comes upon me, And what I dread befalls me. Job 3:25  
Job 19:21-22; 13:24; 19:11*

"Why is light given to a man whose way is hidden, And whom God has hedged in?" Job 3:23

**#3 Distorted Thinking:** We can still see things **CLEARLY** in the midst of our despair.

**Biblical Reality:** Despair causes us to lose perspective and make foolish decisions.

Those in Despair Lose Perspective on...

- **LIFE'S BLESSINGS** in their focus on **death's false promises**.
- **GOSPEL SUFFERING** in their focus on **wrong thinking**. Romans 8:17
- **ETERNAL GLORY** in their focus on **present suffering**. Romans 8:18; 2 Corinthians 4:17

**#4 Distorted Thinking:** It is best to **ISOLATE** in our despair and not tell anyone how we are feeling or struggling.

**Biblical Reality:** The burden of depression is often lessened in the bond of community.

- We do not **HANDLE** emotional despair or mental depression very well in our culture or the church.
- We are not **COMFORTABLE** with God's servants "roaring and wailing" in despair. (3:24)

*Roaring like an Angry Lion = "For groaning comes at the sight of my food"*

*Wailing like a Wounded Animal = "And my cries pour out like water"*

*"God prefers we speak with him honestly, even in our moments of deepest gloom than that we mouth innocuous clichés far removed from reality." ~Elmer Smick*

**#5 Distorted Thinking:** God has **ABANDONED** me to a life without hope or purpose.

**Biblical Reality:** God always has a sovereign and compassionate purpose for the suffering He allows into our lives.  
Romans 8:28-30; 1Peter 1:6-9; 5:10

**#6 Distorted Thinking:** I am a **VICTIM** and there is **nothing** I can do about my despair...or I am a **VICTOR** who can overcome **anything** by praising the Lord and praying it away.

**Biblical Reality:** Believers are **suffering servants** who **struggle to persevere** thru their adversity with roaring and wailing.

- 1) Meditate and memorize on Scripture.\*
- 2) Listen to and praise the Lord through music.
- 3) Stay connected in community with other believers.
- 4) Find someone else to encourage and serve.
- 5) Find a prayer partner to sit with you on the ash heap and walk with you through the valley.
- 6) Establish and maintain regular exercise along with getting outside to enjoy God's creation.
- 7) Ask for the pastors and leaders of your church to pray for you according to *James 5:13-18*.
- 8) See a physician, psychiatrist, psychologist, and/or professional counselor to address all aspects of despair.
- 9) Receive lots of "love with skin on it."
- 10) Never forget that God is in control, He cares for you, and your choices really do matter!

*"Though He slay me, I will hope in Him. Nevertheless I will argue my ways before Him. Job 13:15*

*"My God, my God, why have You forsaken me? Far from my deliverance are the words of my groaning.  
O my God, I cry by day, but You do not answer; And by night, but I have no rest.  
Yet You are holy, O You who are enthroned upon the praises of Israel.  
In You our fathers trusted; They trusted and You delivered them.  
To You they cried out and were delivered; In You they trusted and were not disappointed." Psalm 22:1-5*