

IS IT OK TO NOT BE OK?

"The very presence of these [particular] prayers in scripture is a witness of God's understanding. God knows how Men speak when they are desperate."

**-DEREK KIDNER, COMMENTARY ON PSALM 88**

Lord, you are the God who saves me, day and night I cry out to you. May my prayer come before you; turn your ear to my cry. I am overwhelmed with troubles and my life draws near to death. I am counted among those who go down to the pit, I am like one without strength.

PSALM 88:1-4

You have put me in the lowest pit, in the darkest depths. Your wrath lies heavily upon me; you have overwhelmed me with your waves. You have taken my closest friends and made me repulsive to them. I am confined and cannot escape; my eyes are dim with grief.

PSALM 88:6-9

Why Lord do you reject me and hide your face from me?

PSALM 88:14

You have taken from me friend and neighbor: Darkness is my closest friend.

PSALM 88:18

1. ACKNOWLEDGE THE PAIN  
BUT STAY WITH GOD

"This darkness can happen to a believer, this Psalm says. It doesn't mean you're lost. This darkness can happen to someone who does not deserve it, after all it happened to Jesus. This doesn't mean you've strayed.

**-MICHAEL WILCOCK; COMMENTARY ON THE PSALMS**

This darkness can happen at any time as long as this world lasts because only in the next world will such things be done away with. There are answers, there is a purpose, and eventually you will know it."

**-MICHAEL WILCOCK; COMMENTARY ON THE PSALMS**

## 2. CHALLENGE YOUR VIEW OF THE DARKNESS

We rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance, perseverance produces character, character produces hope.

**ROMANS 5:2-5**

And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

ROMANS 5:2-5

IT IS OK TO NOT BE OK,  
IT IS NOT OK TO STAY THERE.

But He [Jesus] said to me, my grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

**2 CORINTHIANS 12:9-10**

That is why , for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecution, in difficulties. For when I am weak, then I am strong.

**2 CORINTHIANS 12:9-10**

3. TO MOVE TOWARD HEALING  
EMBRACE COMMUNITY

We are comforted by God not just for ourselves, but so that we can comfort others.

**2 CORINTHIANS 1:4**

IN NORMAL TIMES COMMUNITY BLESSES,  
IN CRISIS COMMUNITY SAVES.

In this world you quite possibly may have trouble. But take heart! I have overcome the world.

JOHN 16:33B

In this world you may occasionally have trouble. But take heart! I have overcome the world.

JOHN 16:33B

In this world you will have trouble. But take heart! I have overcome the world.

JOHN 16:33B

"Jesus Christ experienced darkness as His only friend so in your darkness you can know that Jesus is still your friend, he's still there. Jesus was truly abandoned so that you will only feel abandoned,

**-TIMOTHY KELLER, SERMON ON PSALM 88**

but you have never been abandoned... and you can know that God is still there. He's not going to abandon you, no matter what you have done wrong...because [Jesus has] taken the penalty."

**-TIMOTHY KELLER, SERMON ON PSALM 88**