

今の生活が大変すぎる！

「私は、主の激しい怒りのむちを受けて苦しみにあった者。²主は、私を連れ去り、光のない闇を歩ませ、³御手をもって一日中、繰り返し私を攻められた。⁴主は、私の肉と皮をすり減らし、私の骨を砕き、⁵私に対して陣を敷き、苦味と苦難で私を取り巻き、⁶私を暗い所に住まわせられた。はるか昔に死んだ者のように。⁷主は私を囲いに入れて出られなくし、私の青銅の足かせを重くされた。⁸私が助けを求めて叫んでも、主は私の祈りを聞き入れず、⁹私の道を切り石で囲み、私の通り道をねじ曲げられた。¹⁰主は、私には待ち伏せる熊、隠れたところにいる獅子。¹¹主は私を道から外れさせ、私を引き裂き、無残な姿にされた。¹²弓を引き絞り、私を矢の的のようにして、¹³矢筒の矢を、私の腎臓に射込まれた。¹⁴私は一日中、民全体の笑いもの、彼らの嘲りの歌となった。¹⁵主は私を苦菜で満腹にし、苦よもぎで酔わせ、¹⁶私の歯を砂利で砕き、灰の中で私を踏みつけられた。¹⁷私のたましいは平安から見放され、私は幸せを忘れてしまった。¹⁸私は言った。「私の誉れと、主から受けた望みは消え失せた」と。(哀歌 3:1~18 新改訳)

1. 何を思い出すかを_____

「私の苦しみとさすらいの思い出は、苦よもぎと苦味だけ。²⁰私のたましいは、ただこれを思い出しては沈む。」(哀歌 3:19~20 新改訳)

2. 主の_____を思い出す

「私はこれを心に思い返す。それゆえ、私は言う。「私は待ち望む。

²²主の恵みを。」実に、私たちは滅び失せなかった。主のあわれみが尽きないからだ。

²³それは朝ごとに新しい。『あなたの真実は大偉大です。』」(哀歌 3:21~23 新改訳)

3. 破壊的にではなく、_____自分に語りかける

「主こそ、私への割り当てです」と私のたましいは言う。それゆえ、私は主を待ち望む。²⁵主はいつくしみ深い。主に望みを置く者、主を求めるたましいに。²⁶主の救いを静まって待ち望むのは良い。」(哀歌 3:24~26 新改訳)

MY LIFE IS TOO MUCH!

"I am the man who has seen affliction by the rod of the Lord's wrath. ² He has driven me away and made me walk in darkness rather than light; ³ indeed, he has turned his hand against me again and again, all day long. ⁴ He has made my skin and my flesh grow old and has broken my bones. ⁵ He has besieged me and surrounded me with bitterness and hardship. ⁶ He has made me dwell in darkness like those long dead. ⁷ He has walled me in so I cannot escape; he has weighed me down with chains. ⁸ Even when I call out or cry for help, he shuts out my prayer. ⁹ He has barred my way with blocks of stone; he has made my paths crooked. ¹⁰ Like a bear lying in wait, like a lion in hiding, ¹¹ he dragged me from the path and mangled me and left me without help. ¹² He drew his bow and made me the target for his arrows. ¹³ He pierced my heart with arrows from his quiver. ¹⁴ I became the laughingstock of all my people; they mock me in song all day long. ¹⁵ He has filled me with bitter herbs and given me the gall to drink. ¹⁶ He has broken my teeth with gravel; he has trampled me in the dust. ¹⁷ I have been deprived of peace; I have forgotten what prosperity is. ¹⁸ So I say, 'My splendor is gone and all that I had hoped from the Lord.'" (Lamentations 3:1~18 NIV)

1. _____ what to remember

"I remember my affliction and my wandering, the bitterness, and the gall. ²⁰ I well remember them, and my soul is downcast within me."
(Lamentations 3:19~20 NIV)

2. Choose to remember _____ of the Lord

"Yet this I call to mind, and therefore I have hope: ²² Because of the Lord's great love we are not consumed, for his compassions never fail. ²³ They are new every morning; great is your faithfulness." (Lamentations 3:21~23 NIV)

3. Talk to yourself _____, not destructively

"I say to myself, 'The Lord is my portion; therefore, I will wait for him.'²⁵ The Lord is good to those whose hope is in him, to the one who seeks him; ²⁶ it is good to wait quietly for the salvation of the Lord."
(Lamentation 3:24~26 NIV)