

The Head, Heart, and Hands of God

Exodus 3:7-10

When there is no answer...

You send a message, but you hear nothing in reply

What might have happened?

What happens in our hearts and minds?

We pray in our troubles, but we hear nothing in reply...

How are we to think, feel, and act?

Pray:

Hear our prayer

Help us to hear Your Spirit speaking to us

The People of Israel

God gave them wonderful promises: a people and a land

→ the land would bring... peace, security, and blessing

Yet for 400 years, they lived in a land not their own

Conditions kept getting worse

They were oppressed as slaves

Their baby boys being killed to control them

Where was God?

Did He know?

Did He care?

Could He do anything?

Would He do anything?

Exodus 3:7-10

The Big Idea

Though God may seem absent,

He sees, Head

He cares, Heart

and He is delivering Hands

all who trust in Him

Psalm 13:1-2

“How long, Lord? Will you forget me forever?

How long will you hide your face from me?

How long must I wrestle with my thoughts

and day after day have sorrow in my heart?

How long will my enemy triumph over me?”

His hands may be invisible, but they are not still

Lament is a way for us to express trust when God seems absent

Application

Trust God’s head, heart, hands integrated as one

Cry out to God

Use the words of Scripture

Write (or draw or enact) a lament: cmcfamily.org/lament.html

Crying out to God in trouble is a powerful expression of trust

God knows, He cares, and He is working to rescue

The grace of Jesus Christ on the cross

The justice of Jesus Christ in His return

“He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things.” *Romans 8:32*

Weep with those who weep

Listen

Cry together

Lament to God together

passionate expression of grief or sorrow expressed to God with growing hope in Him

Follow the ways of God: head, heart, hands

See

Look and listen, rather than turn away or ignore

Care

Jesus wept at the funeral of Lazarus

Ask: “Would you like to tell me about it?”

Act

Ask the one in need:

“Would it be helpful if I ...?”

“What can I do?”

The Lord says to all who put their faith in Jesus:

I have indeed seen your misery.

I have heard you crying out because of your trouble.

I am concerned about your suffering.

So I have come down to be with you...

until the day when all crying and mourning

will be replaced by joy with God forever.

Reflection Questions for later today or this week...

1. In your past, how was grieving and mourning viewed? In some cultures and families, it can be discouraged and hidden, while in others it may be expected and shared publicly. How has that affected you?
2. What practices of lament have been helpful to you?
3. What are things in your life that you grieve? How have you been able to express that grief? How have you found hope and comfort in God?
4. Who around you is grieving or mourning? How can you weep with them? How can you help them express their grief to God, and also find growing hope in God?