

TITLE: Wail While You Wait [Unfiltered Emotions]
Manangis Habang Naghihintay (Emosyong Hindi Sinala)

TEXT: Psalm 142:1-7 ERV

DATE: September 5, 2021

INTRO:

- September Series: **The Meeting Place** [Ang Lugar Ng Pagtatagpo]
Big Idea: The series examines stories of various biblical characters and how in their darkest moments, God met them. **Ang serye na ito ay tatalakay sa mga kwento ng ibat ibang tauhan sa biblia at kung paano sila kinatagpo ng Diyos sa pinaka madilim na panahon ng buhay nila.**
- Life is filled with moments of joy, excitement and peace, but it's also filled with trouble and pain. John 16:33 **Ang buhay ay puno ng mga sandali ng kasiyahan, kilig, at kapayapaan; ngunit ito ay puno rin ng suliranin at sakit ng kalooban.**
- When it comes to dealing with pain, grief, anger, and hurt, we often respond in one of three common ways: **Tayo ay tumutugon sa sakit, lungkot, galit, at sugat sa pamamagitan ng 3 pamamaraan:**
 - [1] **We choose to detach.** [Pinipili nating humiwalay]
 - [2] **We choose to fake it.** [Nagpapanggap tayo] We pretend that everything is good, but in reality, we aren't dealing with our real emotions. **Kunwari ay mabuti ang lahat ngunit ang katotohanan ay hindi natin ipinapakita ang ating totoong emosyon.**
 - [3] **We choose to distract ourselves.** [Pinipili nating abalihin natin ang sarili sa ibang bagay.] Instead of confronting our pain, we try and escape it with other means. **Sa halip na harapin ang sakit, ito ay ating tinatakas sa pamamagitan ng ibang paraan.**
- **God has another option.** He's inviting us to cast our cares, worries, and burdens on Him. [1 Pet 5:7] **May ibang paraan ang Diyos. Inaanyayahan Niya tayo na ibigay sa kanya ang ating pag-aalala at kabigatan.**
- We're going to study about David today and how he often poured out his heart to God in the book of Psalms. **Pag-aaralan natin si David at kung paano niya ibimuhos ang buong puso nya sa Diyos sa aklat ng Psalmo.**
- One of the general themes of Psalms is the "psalms of lament." The dictionary defines "lament" as 'to mourn aloud' and "crying out in grief." **Isa sa tema ng Psalmo ay ang 'psalmo ng panaghoy'. Ang kahulugan ng panaghoy ay ang magluksa ng malakas, at manangis ng dahil sa kalungkutan.**
- David's life was not easy. He was forced to flee King Saul because the latter consistently tried to kill him. And during David's hiding, he wrote Psalm 142. **Ang**

buhay ni David ay hindi madali. Siya ay napilitan na tumakas kay haring Saul dahil sa tangka nitong patayin siya. At sa pagtatago ni David, naisulat niya ang Psalmo 142,

- Kung ano man kabigatan ang pinagdadaanan mo ngayon, I want to tell you that it's okay to: **Wail While You Wait Okay lang Manangis Habang Naghihintay Ka**
- As disciples of Jesus in today's culture, we have to learn to lament! Here's how: **Bilang mga disipulo ni Hesus sa kultura natin ngayon, kailangan nating matutunan ang pananangis. Narito ang mga pamamaraan kung paano:**

[S] I. CRY OUT YOUR PLEA [vv. 1-2] [Iiyak Mo Ang Iyong Hiling]

- God longs for us to come and pour our hearts out to Him. We have to learn to channel our pain and embrace the darkness with God and in doing so, we should also understand that the acknowledgment of negative feelings is not an act of unbelief. **Nais ng Diyos na lumapit tayo sa kanya at ibuhos kung ano man ang nasa puso natin. Kailangan nating matutunan ito at yakapin ang kadiliman ng buhay kasama ang Diyos. Sa ganitong paraan, maiintindihan natin na ang pagtanggap sa mga negatibong emosyon ay hindi pagpapakita ng kawalan ng paniniwala.**
- The term “cry” is explained by making “supplication,” which is praying to the Lord in a humble manner for grace and mercy and not pleading merit and worthiness. **Ang pag-iyak ay ipinaliwanag sa pamamagitan ng paggamit ng salitang ‘pagsusumamo’ na ang ibig sabihin ay mapagpakumbabamng pananalangin sa Panginoon, at hindi ang pagtataas sa sarili bilang karapatdapat na tumanggap.**
- This was a time in David's life when the only help he could depend on was the Lord. **May yugto ng buhay ni David na ang tanging tulong na pwede lang nyang matanggap ay daling sa Panginoon.**
- The Lord was already aware of the problem even before David spoke, but it's better to pray and relate the problem to Him to be assured that He is aware. **Alam na ng Diyos ang suliranin ni David bago pa man sya manalangin. Ngunit mas mainam na ipaalam at ipanalangin ito para makasiguro.**
- God is the only safe place where we can pour out our complaints. If we don't learn how to pour out our complaints in his presence, they will spill over somewhere else. **Ang Diyos ang tanging ligtas na lugar kung saan maaari nating ilabas ang lahat ng ating hinaing. Kung hindi natin gagawin ito, baka sa iba pa natin maibuhos o maipaalam ito.**
- The presence of God is not a place to bypass your emotions; it's a place to process them.
- So like David, we need to pour our hearts out to God. We need to tell God about our pain and sorrow. **Kailangan nating ibuhos ang ating nararamdaman sa Panginoon. Sa Kanyang presensya lang natin mapoproseso ang ating emosyon. Sabihin natin sa Kanya ang ating lungkot at sakit.**

II. CONFESS YOUR PREDICAMENT [vv. 3-4] [Aminin Ang Iyong Kahirapan]

- Here we see that David is all alone in his distress. It seems as if no one cares or that no one is there to bring comfort or help. He is trapped in his anguish and despair. **Nakita natin na parang nag-iisa si David sa kanyang problema, na parang walang may pakialam sa kanya at walang nais tumulong. Animo'y nakulong sya sa kawalan ng pag-asa.**
- As tragedies unfold in the lives of individuals and communities—including these most recent incidents—those affected feel the solitude of their sadness. Their distress makes it seem like no one else cares. **Habang nagpapatuloy ang trahedya sa buhay ng maraming tao at komonidad - kabilang na ang mga nangyayari ngayon - ang mga naapektuhan at lalu nang nalulungkot. Pakiramdam nila ay parang walang may pakialam.**
- “My spirit grows faint” means that David’s spirit was “suppressed;” his spirit so wrapped up in gloom that he had lost his way and his powers of judgment gone. While David felt overwhelmed and the verge of giving up, he took comfort that God understood. **Nanghihina ang espiritu ko ani David, nangangahulugang sobrang lungkot ng kanyang espiritu. Nawala na siya sa landas at ang kakayahan nyang magdesisyon ay wala na. Ngunit sa gitna nito, ang tangi niyang aliw ay ang malaman na naiintindihan ito ng Diyos.**
- Sometimes the problems overwhelm us, and we get down in our spirit but the Lord knew exactly where we are. Even though the enemy had set a trap, the Lord would keep David from being caught in that trap. **Kung minsan, sobrang tindi ng problema natin at pinanghihinaan na tayo ngunit alam ng Panginoon kung saan niya tayo kakatagpuin. Maaaring binibitag tayo ng kaaway ngunit ililigtas tayo ng Panginoon.**
- ***God allows us to go through very difficult trials.*** He let David get to his breaking point where he’s barely hanging on. **Hinahayaan ng Diyos na dumaan tayo sa matinding pagsubok. Hinayaan niya si David dumating sa punto na kumuntik nang bumitaw.**
- We can also come to our breaking point but continue to confess the predicament that you’re going through. **Tayo rin ay maaring muntik nang bumigay ngunit itawag natin sa kanya ang pinagdadaanan natin.**

III. COUNT ON YOUR PORTION [vv.5-7] [Umasa Ka Sa Iyong bahagi]

- As David turns his thoughts to God, he is reminded that the Almighty is indeed his portion, his refuge, and shelter. [v.5] **Nang ipaling ni David ang pansin niya sa Diyos, naalala nya na ang Diyos ang kanyang bahagi, tanggulan, at tirahan.**
- When there is no help around, then it is time to call on God. When David cried out to God, he immediately said, “You are my refuge, my portion in the land of the living.” He suddenly realized that God would take care of him, even in this terrible situation. **Kapag walang tulong na makita sa paligid, tumawag ka na sa Diyos. Nang ginawa ito ni David, sinabi niya kaagad agad na ang Diyos ang kanyang tanggulan at bahagi.**

Naalala niya na ang Diyos ang mangangalaga sa kanya, kahit na sa pangit nyang sitwasyon.

- If God was his refuge, David did not need others to take His part. He was a majority with God on his side. **Kung ang Diyos ang kanyang tanggulan, hindi na kailangan na ang iba pa ang magpuno sa posisyon na ito. Malakas siya kung kasama niya ang Diyos.**
- David knows that God had blessed him in the past, and he knows that this will be no different here. The last statement is a vote of confidence in God. *“Then good people will celebrate with me, because you took care of me.” [v.7b]* **Alam ni David na pinaggala siya ng Diyos sa nakaraan at gagawin Niyang muli ito sa kasalukuyan.**
- Your problems may not be as dramatic as David’s but they can be real and often overwhelming. Whether your enemy is a person or a set of circumstances, your only hope is in the Lord. Recall some circumstances in your past where the only place you could turn to was the Lord, then pray and thank the Lord for his help during these times. **Ang mga problema natin ay maaaring hindi kasing tindi ng kay David ngunit ang mga ito ay totoo at kadalasan ay higit sa kaya nating pasanin. Sino o anuman daw ang ating kaaway, ang ating pag-asa ay nasa Panginoon. Alalahanin ang ilang pagkakataon sa nakaraan mo kung saan Diyos lang ang tanging pag-asa mo. Magpasalamant ka sa Kanya sa tulong na ipinagkaloob Niya.**

CHALLENGE: As followers of Jesus, we all still experience the pain, trouble, and distress of this world. But God invites to cast our anxieties and burdens on Him. We pour our hearts out to God by learning how to lament before Him: Cry out your plea, express your raw emotions; Confess your predicament, seek His help; & Count on your portion, profess His truth and place our trust in Him. God is saying to us, **it’s okay to wail while you wait!** **Hamon: Bilang mga tagasunod ni Hesus, nakararanas pa rin tayo ng sakit, suliranin, at pagkabalisa. Ngunit inaanyayahan tayo ng Diyos na ibigay sa kanya lahat ng pag-aalala at kabigatan natin, Ibuhos ang puso sa Kanya sa pamamagitan ng pananangis sa harapan Niya. Iiyak ang iyong pagmamakaawa, ipakita ang iyong emosyon, ikumpisal ang kalagayan mo, humingi ng tulong at bilangin ang bahagi, at ilagay ang tiwala sa Kanya. Sabi ng Diyos, ok lang manangis habang naghihintay!**

DISCUSSION: Talakayan

- What have you learned from our study today? Have you experienced meeting God in your lowest moment? Share. **Ano ang natutunan mo ngayon? Nakatagpo mo na ba ang Diyos sa pinaka mababang punto ng buhay mo? Ibahagi.**
- Have you poured out your heart to God lately? Was it a quality encounter? Share. **Naibuhos mo na ba ang laman ng puso mo sa Diyos kamakailan lamang? Maganda ba ang pangyayari na iyon? Ibahagi.**
- How long a time did you spend before you experienced that confident-building peace that God will be your portion? **Gaano katagal ang ginugol mong panahon bago mo naranasan ang isang kapayapaan na nagsasabi na ang Diyos ang iyong bahagi?**

