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# Rising Out Of The Ashes Of Sorrow (Get Out Of Your Feelings)

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Committed To Rising Out Of The  
Ashes

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***Sermon: Committed To Rising Out Of The Ashes: Rising Out Of The Ashes Of Sorrow (Get Out Of Your Feelings)***

***Lesson Text***

Job 2:1–8 (KJV)<sup>1</sup> Again there was a day when the sons of God came to present themselves before the LORD, and Satan came also among them to present himself before the LORD. <sup>2</sup> And the LORD said unto Satan, From whence comest thou? And Satan answered the LORD, and said, From going to and fro in the earth, and from walking up and down in it. <sup>3</sup> And the LORD said unto Satan, Hast thou considered my servant Job, that *there is* none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause. <sup>4</sup> And Satan answered the LORD, and said, Skin for skin, yea, all that a man hath will he give for his life. <sup>5</sup> But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face. <sup>6</sup> And the LORD said unto Satan, Behold, he *is* in thine hand; but save his life. <sup>7</sup> So went Satan forth from the presence of the LORD, and smote Job with sore boils from the sole of his foot unto his crown. <sup>8</sup> And he took him a potsherd to scrape himself withal; and he sat down among the ashes.

Ephesians 4:26–27 (KJV)<sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup> Neither give place to the devil.

Revelation 21:4 (KJV)<sup>4</sup> And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

John 16:20 (KJV)<sup>20</sup> **Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.**

***Introduction***

Let's now continue our series on "Rising Out Of The Ashes," which means simply to emerge as new from something that has been destroyed; To make a comeback after a disaster.

In our study so far of Job, we've learned what to do when you're drafted into a spiritual war, and how we should handle the loss that results from this battle.

Today, we will look at Rising out of our Sorrow!

Sorrow is defined as a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by one; trouble, regret, burden, mourning, or grief!

Sorrow is a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or others. It epitomizes grief, mourning, and sadness.

There are times in your life where you just feel sorrow. It can manifest itself in sadness, depression, and even anger.

The five stages of grief are a part of the framework that makes up our learning to live with our loss. They consist of denial, anger, bargaining, depression and acceptance.

What I learned about these stages was that they were not to be avoided as if you don't have these feelings and emotions, but that you should embrace and process them.

On the other hand, if you get stuck in any one of them, they can destroy you. A person who is clinically depressed cannot function properly and a person with anger issues can destroy relationships.

Job is now sitting in the ashes of his loss, and like Job we have to rise out of these emotional ashes by using the power of God.

***Series and Sermon: Committed To Rising Out Of The Ashes: Rising Out Of The Ashes Of Sorrow (Get Out Of Your Feelings)***

(Get Out Of Your Anger, Your Depression, and Your Sorrow)

***I. Get Out Of Your Anger***

Ephesians 4: <sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath: <sup>27</sup> Neither give place to the devil.

The first thing we must get out of when we are in the ashes of life is anger!

Anger is defined as a strong feeling of annoyance, displeasure, or hostility. It's often a reaction to and distraction from inner suffering; that is, feelings such as sadness, powerlessness, shame, anxiety, and isolation. It's an outgrowth and distraction from the intense pain of depression.

There are times in your life where you are just going to be angry. In the 28 seasons of life in the 3<sup>rd</sup> Chapter of Ecclesiastes, at least two of them speak the emotions of anger through hate and war. And like Job, life can just happen and make you angry.

We can become angry because of life's circumstances, angry because of the treatment of people, angry because of physical ailments, and if we're not careful we can become angry with God.

Now the world tells us to manage anger by developing anger-management strategies such as slowing down, breathing deeply, or taking a break before responding. All very good things!

But the Apostle Paul in our lesson text takes a different approach. He doesn't want us to just manage anger, he wants us to overcome it.

To get out of the ashes of anger we must do two things:

1. Ephesians 4: <sup>26</sup> Be ye angry, and sin not: let not the sun go down upon your wrath:
2. Ephesians 4: <sup>27</sup> Neither give place to the devil.

**“Don't Let the Sun Go Down”**

- This is a euphemism for not letting anger linger in you too long. Otherwise it will move it, take control, and produce wrath which is anger put into action.

- We have to tell anger, “You don’t have to go home, but you gotta get out of here!”
- James 4: <sup>7</sup> Submit yourselves therefore to God. Resist the devil, and he will flee from you.

### “Neither Give Place To The Devil”

- Satan is lying in wait for an opportunity to get his foot in the door of our soul, and uncontrolled anger opens the door with an invitation for Satan to enter in and destroy.
- 1 Peter 5: <sup>8</sup> Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:
- We must remain sober and vigilant; keep a sound mind, and be watchful.

## *II. Get Out Of Your Depression*

Revelation 21: <sup>4</sup> And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

The next thing we get out of when we’re sitting in ashes is depression.

As we stated earlier, anger is the outgrowth from the intense pain of depression.

Depression is defined as feelings of severe despondency, hopelessness, and dejection.

Although depression is natural and normal when you are going through the downside of life, it can be abnormal when it affects our behavior, and we become clinically depressed.

I would imagine Job sitting in those ashes was extremely depressed; he had lost everything. And as we stated in our last message, going through sudden, complete, and inexplicable loss will cause depression.

But we must get out of our depression:

Now the world prescribes Cognitive behavioral therapy (CBT). It is a type of psychotherapy. This form of therapy modifies thought patterns to help change moods and behaviors.

Now I don’t have a problem with therapy, but I personally allow God’s Word to prescribe my Spiritual CBT.

To change my thought patterns, The Word prescribes: Philippians 4:6–8 (KJV)<sup>6</sup> Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. <sup>7</sup> And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. <sup>8</sup> Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

To change my mind, The Word prescribes: Romans 12:1–2 (KJV)<sup>1</sup> I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. <sup>2</sup> And be not conformed to this world: but be ye

transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

### ***III. Get Out Of Your Sorrow***

John 16: <sup>20</sup> **Verily, verily, I say unto you, That ye shall weep and lament, but the world shall rejoice: and ye shall be sorrowful, but your sorrow shall be turned into joy.**

- We get out of our anger by sending anger home, and keeping watch on the door
- We get out of our depression by prescribing Spiritual cognitive behavioral therapy from the Word of God
- We get out of our Sorrow by exchanging it for the Joy of the Lord.

Sorrow is a feeling of deep distress caused by loss, disappointment, or other misfortune suffered by oneself or others. It epitomizes grief, mourning, and sadness.

In our lesson text, Jesus was telling his disciples that the time would come when they would weep and grieve at his death. And while they were crying, the world would rejoice.

And just like the disciples, we have times where we are in sorrow, where we weep and lament. And sometimes while you're crying, others are rejoicing at your downfall.

But Jesus promises to “Turn It!”

John 16: <sup>20</sup> **... and ye shall be sorrowful, but your sorrow shall be turned into joy.**

To get out of your sorrow, let God turn it:

Psalms 30: <sup>5</sup> For his anger *endureth but* a moment; in his favour *is* life: weeping may endure for a night, but joy *cometh* in the morning.

Nehemiah 8: <sup>10</sup> ... for *this* day *is* holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength.

Revelation 21: <sup>4</sup> And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

# Rising Out Of The Ashes Of Sorrow (Get Out Of Your Feelings)

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## Midweek Study Lesson Plan (Sermon: Rising Out Of The Ashes Of Sorrow (Get Out Of Your Feelings))

### Lesson Text

- Job 2:1–8, Ephesians 4:26–27, Revelation 21:4, John 16:20

### Sermon Outline

- I. *Get Out Of Your Anger*
- II. *Get Out Of Your Depression*
- III. *Get Out Of Your Sorrow*

### Questions: (What was your main takeaway from this message?)

#### I. Getting to Know “Me”

1. What is one thing you really like about yourself?
2. What do you highly recommend to most people you meet?

#### II. Into the Bible

1. In Job 2:1-6, what does the interaction between God and Satan reveal about the nature of Satan’s power and God’s sovereignty?
2. In Job 2:3, God praises Job for maintaining his integrity despite intense suffering. What does the concept of “integrity” mean in the context of this scripture, and how is it significant to Job’s character and his relationship with God?

#### III. Life Application

1. Another believer confides in you that he is angry at a church member who was inconsiderate and rude to him. Recognizing he has a right to be angry, what would you do to help him let go of his anger?
2. Create and practice a Biblical plan to overcome feelings of depression. The word “practice” here means if your plan is to pray, write out a scripture-based prayer that you could pray.