

## Day 1

May 4



*Pray* | Ask God that he would help you see how to rejoice and praise him  
*AMIDST* this pandemic

TOTAL AND UTTER DISASTER. Complete economic ruin. This is what Habakkuk has been told is going to happen. The Babylonians are going to crush his country.

Figs, grapes, olives, and grain. These were four ways the land produced sustenance so people in that time could eat. They were also the ways in which wealth was produced. Sheep, cattle, and land. This was the measure of wealth and were the investments of the day. \*

Now imagine your portfolio wiped out and entire investments gone. How would you rejoice and give praise amidst this incredible suffering?



*Read* | *Habakkuk 3:17 / Romans 5:3-5*



*Reflect* | Spend some time reflecting on one or more of the following:

This week we will explore how we rejoice in the Lord amidst the suffering: What does it mean? / When does it happen? / How is it done? / Why is it possible? Take some time to think about these topics and ask the Holy Spirit to prepare your heart for what he wants to teach you. \*

How would you respond if your entire portfolio and investments vanished in an instant? What would be your first response? To whom or what would you turn?

Take time today to reach out to someone who might be suffering during this pandemic. Maybe their loved one is sick in the hospital. Maybe they have lost a job. Ask how you can help in practical ways during this time.

\* Keller, T.J.(2013). *The Timothy Keller Sermon Archive*. New York City: Redeemer Presbyterian Church.

*Day 2*  
*May 5*



*Pray | Ask God for strength, poise, and steadfastness of spirit as we climb the mountain of tribulation*

REJOICING IN TRIBULATION IS LIKE walking with firm footing up to the mountaintop.

Climbing mountains can be dangerous. Treacherous. Deadly. It takes steady footing and measured steps. However, there are also silver linings in climbing mountains. In ancient times, the safest place to be was on a mountain peak. Enemies couldn't attack people while they were going up a mountain, and certainly not while on top of it. Although the steep climb was dangerous, once summited, one could see for miles in all directions. \*



*Read | Habakkuk 3:19 / James 1:2-4*



*Reflect | Spend some time reflecting on one or more of the following:*

What mountain are you summitting in your life right now?

Have you ever been rock climbing? What skills and attributes are needed most to be successful?

Being aware of social distancing, go take a hike up an easy to moderately difficult path or trail. After the hike, reflect on how it made you feel.

\*Keller, T.J.(2013). *The Timothy Keller Sermon Archive*. New York City: Redeemer Presbyterian Church.

## Day 3

May 6



*Pray | Ask God that he would help you praise him and give him glory  
DURING your suffering; not just after it has passed*

REJOICING IN TRIBULATION HAPPENS amidst our sorrow and grief.

There is not much worse tribulation one could encounter and endure in this life than what happened to English missionary Allen Gardiner in the summer of 1851. He got shipwrecked on a remote island off the tip of South America. He was with a group of people, and they died of starvation one at a time. He was the last to die. When they found him, he had his journal by his side. In it, his last entry referenced Psalm 34:10. \*



*Read | Habakkuk 3:16 / Psalm 34:10*



*Reflect | Spend some time reflecting on one or more of the following:*

What was the significance of Psalm 34:10 to Allen in his last remaining hours on Earth? To what scripture and promise would you turn if you faced a situation like his?

There is nothing quite like the feeling of hunger. Consider donating to a local food shelf this week.

\*Keller, T.J.(2013). *The Timothy Keller Sermon Archive*. New York City: Redeemer Presbyterian Church

## Day 4

May 7



*Pray | Praise God in the MIDDLE of the storm. Now repeat.*

REJOICING IN TRIBULATION HAPPENS WHEN we repeat, remember, and savor the goodness and promises of God. The goodness and promises that never change. Never fail. Never end.

Learning to rejoice in our suffering is a choice. It is a learned discipline developed by doing it over, and over, and over again. It is making the conscious decision to trust in the Lord’s truth; in the promises written in His unwavering and perfect word—not in our feelings. \*



*Read | Lamentations 3:21-23 / 1 Peter 4:12-13*



*Reflect | Spend some time reflecting on one or more of the following:*

Reflect and remember back to a period of tribulation in your own life. How did the Lord see you through this? How was he faithful?

Maybe you are in a place where you have not surrendered your life to Christ. In times of crisis, how do you respond? How has the crisis made you feel?

Is there a particular verse in scripture that gives you comfort and peace in times of trial? Take a moment to meditate on this verse. If you haven’t already, commit it to memory. This week repeat it out loud every day.

\*Keller, T.J.(2013). *The Timothy Keller Sermon Archive*. New York City: Redeemer Presbyterian Church.

*Day 5*  
*May 8*



*Pray | Ask God that we would remember the promise of eternity*

REJOICING IN TRIBULATION IS POSSIBLE when we remember that the Lord has won, and that we get to live in eternity with him.

Horatio Spafford remembered this. He was a successful attorney who lost his businesses in the great Chicago fire of 1871. His four-year-old son then died of scarlet fever. Around that same time, he sent his wife and four daughters across the ocean to England for a vacation. He needed to stay back in Chicago to finish some business and would join them later. On the voyage, the ship sank, and all four of his daughters perished. Only his wife survived. During the trip to England to be with his wife is when he wrote one of the most famous hymns ever written: “It is Well with my Soul”. \*



*Read | Habakkuk 3:17-19 / 2 Cor 4:17-18*



*Reflect | Spend some time reflecting on one or more of the following:*

Below are the words to that famous hymn:

*When sorrows like sea billows roll  
Whatever my lot, thou has taught me to know  
It is well, it is well with my soul*

What feelings does this stir up inside of you when you read this?

What kind of hope must Horatio have had to rejoice and have peace amidst the unimageable sorrow he must have been feeling? Do you have that kind of hope? Do you have that kind of peace?

*\*Behind the Song: Horatio Spafford & Philip Bliss, “It is Well with My Soul”. American Songwriter: August 2019.*

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