

“It Is Not A Good Report That I Hear”

(Compiled by Paul R. Blake from Internet sources)

Introduction:

- A. 1Sam. 2:24 - What does the Bible teach with regard to receiving bad news.
 - 1. Gen. 37:31-35
 - 2. Tell the story. Jacob believed the lie and mourned Joseph for years.
- B. What do we do when we get bad news? What tools can we use to manage it?

I. VERIFY

- A. The first thing to do is verify it. Don't make the same mistake Jacob made.
 - 1. Some overreact to bad news by believing the worst. Take time to verify that it really is bad news.
 - 2. 1Thes. 5:21

II. PRAY

- A. When we have verified the bad news, we must turn to God in prayer.
 - 1. Luke 18:1; 1Peter 5:6-7

III. THINK

- A. In order to deal with bad news we've got to stop the cycle of negative thinking.
 - 1. Stop replaying the worst possible scenes over and over again in your head and focus on good things instead of bad.
 - 2. Phil. 4:8
 - 3. Counting our blessings goes a long way toward dealing with bad news.

IV. TALK

- A. Talking to others about the bad news helps us to process and bear it.
 - 1. It is therapeutic in helping to alleviate anxiety we build within ourselves.
 - 2. It will also bring us into closer relationships with Christian family.
 - 3. Rom. 12:15; 1Cor. 12:25-26

V. ACCEPT

- A. In order to handle bad news, we've got to accept it.
 - 1. How quickly that happens depends on how strong and mature we are, as well as how severe the news is
 - 2. Rom. 8:28 - Regardless how bad a situation may seem to us, God is able to use it to bring about good as He measures it.
- B. Sometimes it is a matter of perspective
 - 1. When you look at a pile dirty dishes, do you only see a big mess, or do you see that you've had food to eat?
 - 2. When you look at rambunctious children do you only see a constant source of irritation, or do you see healthy, active, vibrant youth?
 - 3. When you look at the passing of an aged, devout saint, do you see it as your loss or his gain?
 - 4. God will bring good from everything that happens under the sun.

VI. ACT

- A. Is there anything I can do to help the situation improve?
 1. Instead of sitting and dwelling on it, get busy doing something.
 2. Don't use work as an escape from sorrow, but rather use it as a means of restoring your self-control and find a semblance of normalcy in a bad situation
 3. Rom. 12:11; Col. 3:23; James 4:17
 4. Doing nothing when we can do something will only make things worse in the present and create regrets for the future.

VII. REJOICE

- A. Phil. 4:4; 1Thes. 5:16 - We don't rejoice without reason; that would be a form of insanity.
 1. We rejoice because God is in control in good or bad times.
 2. We rejoice remembering that we still have our blessings in Christ, regardless of what else may be taken away.
 3. We rejoice in the future hope of all children of God.

Conclusion:

- A. How a believer and follower of God receives bad news - Job 1:13-22, 2:7-10