

## **LIVING WITH THE *Pain* OF THE *Past***

**INTRO:** *Psalm 137 is categorized as either a National Lament or an Imprecatory Psalm (based on its final verses). But regardless of kind, it addresses the proper response to dealing with painful memories.*

- I. **Life is marked with \_\_\_\_\_ (1-4).** *No life is unmarked by pain. Painful events may even be the result of God's discipline for sin (as it was in Judah's case).*
  
- II. **Painful memories can paralyze a Believer's \_\_\_\_\_.** *One's "walk" is one's life. The Jews couldn't play their songs in exile because of the painful memories they evoked. If we aren't careful, painful memories may paralyze our faith-walk.*
  
- III. **When confronted with painful memories... (5-13).**
  - A. **Recommit to God's \_\_\_\_\_.** *While NT Believers aren't confined to a single place of worship as were the Jews, congregational worship helps return the focus on where it should be.*
  
  - B. **Rest in God's \_\_\_\_\_.** *This action step has a double meaning: 1) Rest in God's bigger purpose behind painful events, and 2) Rest in God's ability to avenge righteously. Judah placed revenge in God's hands, as should we.*