

Dealing with Bad Day – March 8, 2023

We all have bad days. Famous, wealthy people have bad days.

Marilyn Monroe: an American actress, model, major sex symbol. Pin up girl. **Aug. 5, 1962**, found dead in Los Angeles, Cal home. Died from an overdose of barbiturates—drugs used to treat anxiety or sleep disorders. She had a history of depression; attempted suicide several times in the past. 36.

Robin Williams: actor & comedian. Academy Award for Good Will Hunting **Aug. 11, 2014**, found dead at his home in Cal; hanged himself with a belt from a doorknob. Surprising ... a famous, positive, & happy person; but those close to him knew he had battled depression for years. 63

Kate Spade: designer, businesswoman. **June 5, 2018**, found dead in her Park Avenue apartment in Manhattan, New York City. Hanged herself with a scarf on a doorknob. Left a 13-year-old daughter. 55.

Cheslie Kryst: model, attorney, and Miss USA 2019 (first AA). Graduated law school, attorney, journalist, nom. 2 Daytime Emmy Awards. Was married. **Jan. 30, 2022**, she jumped to her death from 60-story bldg., Manhattan. 30

Naomi Judd: singer. Died **April 30, 2022**, killed herself w/ gun at Tenn home. The Judds had 14 No. 1 hits. Naomi died the day before she and Wynonna were inducted into the Country Music Hall of Fame. 76.

tWitch – dancer/dj on Ellen show. Died **Dec. 13, 2022** in an LA hotel. Had a wife, and 3 kids. 40.

Kyle Jacobs, husband of Kellie Pickler. Songwriter. Died **Feb 17**. 49. 2 days earlier, celebrated a Lee Brice album being certified platinum.

On Avg, 132 suicides a day. Suicide – 3d leading cause teens.

Bible has stories just like this

Bible doesn't use "depression" ... uses words like: "downcast," "brokenhearted," "troubled," "miserable," "despairing," and "mourning"

David – “Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” **Ps. 42:11**

“My guilt has overwhelmed me like a burden too heavy to bear.” **Ps. 38:4**

- David struggled. Loss of child w/Bathsheba; Uriah dead.

Moses - “But now, please forgive their sin – but if not, then blot me out of the book you have written.” **Exodus 32:32**

- Felt like he had failed. Ready to quit.

Elijah – great prophet. Fled from Jezebel... a day’s journey into wilderness, sat under a broom tree, prayed: *“I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”* – **1 Ki. 19:4**

- Fear. God sent an angel, new mission.

Jeremiah – another prophet. Didn’t marry, no kids. Lived alone, poor.

He was ridiculed, rejected by people he loved, reached out to.

- **Jer. 20:14** - “I curse the day I was born! May no one celebrate the day of my birth.”
- **Jer. 20:18** – “Why was I ever born? My entire life has been filled with trouble, sorrow, and shame.”
- **Jer. 15:10** – “I wish I had never been born! I'm always in trouble with everyone in Judah. I never lend or borrow money, but everyone curses me just the same.”

Jonah – preaches in Nineveh. People repent, God is merciful, Jonah pouts.

Jonah 4:3 NLT – “Just kill me now, LORD! I’d rather be dead than alive if what I predicted will not happen.”

- Jonah sat down outside city; waited. God grew a plant, shade.
- Worm ate the plant; next day, “scorching east wind” & sun/head
- Jonah says again: “It would be better for me to die than to live.” **4:8**
 - Anger, wants to die. “I’m so angry I wish I were dead.” **4:9**
 - 120,000 pop in Nineveh. God loves them, pleased w/ repentance

Job – he cursed day he was born. **Job 3** - Wanted it blotted off the calendar

We all have bad days. Sad. Depressed. For some, that sadness con’t.

How do you deal w/ those bad days?

Focus on Five Truths.

1 – Your value is not tied to your work/income

Your work has nothing to do w/ your WORTH. Work is a means...

Moses struggled w/ results. So did **Elijah, & Jonah**.

Your value to God is not based on your accomplishments, or job.

2 – Purpose? W, F, success? No - LOVE. In love, we find joy.

Our capacity/ability to love is found in God's love. Start there.

Goal: Love yourself. You are worthy of love. **David**.

Are you perfect? No. Been broken? Yes. A sinner? Yes. All are.

You have value! Loved by God... proved your value: Jesus - cross.

3 – Trying to do what's right... Overwhelmed? Nothing will change?

God's answer to **Jeremiah** – "I will take care of you." **Jer. 15:11**

- People will fight you. "They will not conquer you, for I am with you to protect and rescue you." **Jer. 15:20**
- **Period or ;** 2d half of **Job's** life blessed more than 1st.

4 – Feel forgotten, rejected? You will always belong to God.

Ps 27:10 – "Even if my father & mother abandon me, the Lord cares for me."

- **David & Jeremiah** felt rejection by others. Never by God.
- **Even Jesus**. "Look, an hour is coming and has already come when you will be scattered, each to his own home, and you will leave Me all alone. Yet I am not alone, because the Father is with Me." **John 16:32**
 - o God is with you. Always. He will never forget you.
 - o **Isaiah 49:15-16:** "Can a mother forget her little child and not have love for her own son? Yet even if that should be, I will not forget you. See, I have tattooed your name upon my palm" (TLB).
- "God is not unjust; he will not forget your work & the love you have shown him as you have helped his people and continue to help them." **Heb. 6:10**

5 - Bad Day is not your Last Day... more is in store!

Day = 24 hrs. Bad Day isn't a Bad Life - **Job**. Seasons change. New Mission!
Staying positive doesn't mean you're happy all the time... it means on bad days, u know better ones are coming.

Overcomer. "Take courage, I have overcome the world" **John 16:33**

Song/Week: [The God Who Sees – Nicole Mullen & Kathie Lee Gifford](#)