

# Helping The Hurting Heart

Job 6:14

Two Sunday nights ago I dealt with Eliphaz counsel to Job in Job 4-5. Eliphaz is an example of the wrong way to counsel. I ran out of time before I could finish that message, so before we get into Job 6-7, I want to point out...



F I C I L E H C E L

1. **F** . Job's friends were good comforters for one week. Then they opened their mouths and ruined everything. "An ounce of listening is often worth more than a pound of speaking."
  - Don't speak until you feel their pain and understand their problem.
2. **A** . Eliphaz never considered God may have a plan for Job's pain, and it wasn't due to sin at all. God can use suffering for good in our lives.
  - Whenever we begin with the presupposition that Christians are never to experience grief, pain, discouragement, poverty, ill-health it will always lead to giving bad counsel.
  - We must stop trying to figure out what we can never know—What is God's purpose for pain. Only God knows that.
3. **I** . *Technically* speaking this is true since it can be traced back to Adam's sin. If Adam had not sinned in the Garden of Eden, there would be no suffering. But not particularly speaking. All "particular suffering" is not caused by some particular sin.
4. **A** . All three of Job's friends offered Job the same "one-size-fits-all" package solution to his problems. Suffering is *individualized*—tailor made for what you need. What helped me in my suffering may not help you in your situation.

➡ Eliphaz counsel was calloused and insensitive to Job's hurting heart.

One of the greatest needs in the church today is for Christians to know how to counsel hurting people—The book of Job is a textbook on this subject.

Galatians 6:2 has some sound instruction regarding helping someone who is in trouble— *Bear ye one another's burdens, and so fulfil the law of Christ.*

Bearing another's burden starts with loving them and stepping into their shoes to feel the pain they are feeling and the sob of their heart.

This is where Job's friends failed—They never entered into Job's agony to feel what he was going through.

➡ In Job 6 we see into Job's heart and feel to the pulse of his pain.

➡ Job responds to the counsel of Eliphaz by making AN APPEAL: An appeal that his friends would *understand* his feelings. See Job 6:14 (cf 1 Pet. 3:8- "...*be ye all of one mind, having compassion one of another, love as brethren, **be pitiful**, be courteous.*").

Job is pleading for "someone to care." Someone to show genuine concern, compassion, and understanding of his pain." Someone who is truly empathic.

: "Empathy is your pain in my heart." You have no better illustration of this than Jesus, who is "*touched with the feeling of our infirmities*" (Heb. 4:15). Jesus was One who genuinely cared.

➡ How was Job feeling? What was he going through?

**I. He had a feeling of HEAVINESS** (vs. 1-3).

A. Job is under a heavy burden ("*...weighed... laid in the balances... heavier than the sand of the sea...*").

B. His friends were not listening to his complaint in chapter 3— "*... my words are swallowed up.*" They did understand what he was saying.

➡ Before we can counsel we must LISTEN INTENTLY to what a hurting person is really saying—Sense the pain behind their words.

- C. When you try to counsel a hurting person, approach them with the \_\_\_\_\_ they are living under a heavy burden of emotional stress and uncertainty.

## II. **He had a feeling of HURT in his spirit** (vs. 4-6).

➤ He felt like God was shooting him with poison arrows making him bitter.

➤ Four questions all answered with a “No.”

A. Job needed someone to feed his spirit with a word of encouragement not argue with him (v. 5).

- When does an ass bray or an ox loweth? When they are hungry and need something to eat. If they have food, they don't complain. Job is saying he is hurting and has a right to complain.

B. Job has lost his taste life (v. 6). Nothing tastes good. A person who is hurting inside has lost his appetite for life. The joy is gone.

- Job is saying, “I'm starving for someone to love me, to understand what I'm going through, and encourage me.”

➤ That is the description of a “hurting heart.”

## III. **He had a feeling of HOPELESSNESS** (vs. 8-11).

A. When a person loses hope they lose the desire to live (vs. 8-9).  
“Man can live about forty days without food, about three days without water, about eight minutes without air, but only a few seconds without hope.”

- Without **HOPE**, prisoners of war languish and die.
- Without **HOPE**, students get discouraged and drop out of school.
- Without **HOPE**, athletic teams fall into a slump and continue to lose.
- Without **HOPE**, addicts return to their habits.
- Without **HOPE**, marriages end in divorce.
- Without **HOPE**, wounded believers throw in the towel.

v. 11— *What is my strength, that I should hope? and what is mine end, that I should prolong my life?*” —Why go on living when there is nothing left to live for! That is hopelessness.

- B. How do you feel about someone whose situation looks hopeless? They are in a hole so deep they cannot see how they can get out of it. Each day, things don't get any better, but get increasingly worse.

That's how Job felt.

See Pastor's notes in bulletin on Hope.

- C. To give someone hope, we must give them the Word of God. Romans 15:4—*For whatsoever things were written aforetime were written for our learning, that we through patience and **comfort** of the scriptures might have **HOPE**.*

rives at the brook to get refreshed, their hopes are dashed and find nothing.

A. When Job looked for a refreshing drink from a brook to sooth his hurt, he was disappointed to find it dried up — *“For now ye are nothing...”* You are no help at all! What a rebuke.

- I don’t ever want any friend of mine who needs some refreshing water to sooth their spirit to find my counsel like a dark empty pond.

B. Are we helping the hurting or disappointing the hurting?

➡When was the last time you FELT the pain of someone’s hurt...

- Do we feel the pain of the divorcee?
- Do we feel the hurt of the cancer patient?
- Do we feel the heartbreak of the parent who has a wayward child?
- Do we feel the desperation of the unemployed?
- Do we feel the loneliness of the widow?

➡It isn’t until we feel the pain of another that we able to offer up any real help.

A I : Job made two requests of his friends:

1. vs. 24-25— **TEACH ME.** Just tell me. If you can figure out exactly what is causing my suffering, I’m ready to listen. I have a teachable spirit.” But they never told Job the problem, because they did not know.
2. vs. 21, 28—**LOOK AT ME.** Job was not a pretty sight. It would be painful just to see his condition. (Visiting a cancer ward).
  - No one will believe you really care if you don’t look at them in their pain.

I want my words to be healing words for the hurting (Prov. 12:18; 18:4).

The counseling ministry is too big for just the Pastor, Assistant pastor, and deacons. This is a ministry for every Christian in this church.

1. GENUINE (v. 9). People can tell if you are real.
2. DILIGENT (v. 11). Helping hurting people is hard work.
3. ASSERTIVE (v. 13). Those who help people take the initiative. The reason many do not get the help they need is because everyone is thinking someone else will do it.
4. SELFLESS (v. 15). Real helpers are those who give of themselves. F.W. Borham uses this analogy from the game of dominos:

“The highest art in dominos lies in matching your companions pieces. Victory in dominos does not lie in *accumulation*, but in *exhaustion*. The player left with empty hands wins everything. When you’ve played all your dominos, when they are all gone, you’ve won.”

As in the game of dominos, we match one another’s pieces/ emotions—We match their weeping with our weeping. We match their rejoicing with our rejoicing. When we’ve sacrificed all our pieces to match their pieces, we have won.
5. HUMBLE (v. 16). True helpers and not “class” conscious. You cannot be proud and help anyone. Proud people are only concerned about themselves.