



! TREATING MY TRIGGERS

S E R M O N G U I D E

No Limits with Pastor Delman

Treating My Triggers

Ezra 3:10-13

INTRODUCTION

Have you ever wondered, where does help come from when tragedy strikes or when trauma torments their lives? And what about when disappointment, pain, and heartache linger in the heart, the mind, and the soul and cause one to be perpetually sad? You might be reading this and nodding your head right now because you have fallen emotionally and can't get up. You are held hostage by the wounds and the injuries inflicted upon you in the past, perhaps the incident is months, years, or maybe even decades old. Yet the anguish and the emotional turmoil you're feeling can feel as fresh as if it all happened this morning. Being a child of God does not make you immune to heartbreak and hard times. Troubles will come your way. But as a believer, every child of God should rejoice. There is a way to treat your triggers and overcome your obstacles, and it all starts with Jesus.

KEY POINTS

1. Keep Working

Working is a sign of present strength and a necessary determination (in spite of the past, and in spite of my pain) that I am still trying to accomplish something useful and important for my existence. Yes, they wept, but they didn't let their weeping prevent them from working. They did not let their lament prevent them from living.

Weep, but keep working. Ezra was somehow able to get the people of God to suspend their sorrows effectively by actively getting them involved in a productive exercise that I'll call WORK. By "work," I am referring to a productive set of activities that provide a constructive outlet for one's emotions and energy.

Work is a fundamental part of the human equation, and it is a necessary part of our ability to enjoy a quality life. The Israelites had been in captivity and were abused and mistreated. The dwindling Jewish community was under siege and rapidly disintegrating. They were physically threatened and were intermarrying. They were depressed, but the amazing prescription for them was to get to **WORK**.

NOTES

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2. Keep Worshipping

When you become triggered, you've got to keep worshipping. A painful past, devastating difficulties, and lingering losses are never exemptions from our duty, our responsibility, or our obligation to worship God.

Israel joyfully understood this and took the time to worship. They paused amidst their building process and honored God for the progress they had just made. The temple was not complete some were wailing the triggered memories from their past, but the people didn't let their grieving keep them from worshipping God.

3. Keep Waiting

Israel's elders and Levites, along with some of the older saints, became so emotional that the noise was so convoluted that it became difficult to distinguish between the noise of the praise and the noise of their tears. They wept because of some of the things that had been done to their city.

Their efforts thus far were encouraging, but they couldn't afford to stop, they couldn't quit. This was just the foundation! And that means they would have to continue to build until the work was complete. That means it would take more time for the outcome they desired to be realized.

Until then, they would have to wait. Their waiting meant more time would have to pass before their present pain would subside. Their waiting meant they would have to wait until the task was over. Their waiting meant that even though they had come through so much, there was so much more to be done.

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QUESTIONS TO CONSIDER

1. What is something you can keep working on in the midst of the struggles you're facing right now? Where have you given up when God is urging you to keep going?
2. How have your current struggles impacted your ability and desire to worship?
3. What is one verse in Scripture you can cling to that speaks to waiting well?
