

**SO LONG SORROW**  
What A Waste Of Time

- I. **We don't always feel joyful, but we are always rejoicing-2Cor6:4-But in all things approving ourselves as the ministers of God, in much patience, in afflictions, in necessities, in distresses, <sup>5</sup>In stripes, in imprisonments, in tumults, in labors, in watchings, in fastings...<sup>10</sup> AS SORROWFUL, YET ALWAYS REJOICING; **CJB**-As having reason to be sad, yet always filled with joy; **CEV**-We are always happy even in times of suffering; **PH**-We know sorrow, yet our joy is inextinguishable**
- A. We push back against the devil and his schemes (including sorrow)-Ep6:11- Stand against the wiles (schemes) of the devil; JS4:7-VO-Fight against the devil and his schemes; 1Pt5:8-AM-Be firm in your faith against his attack
- B. You can't help the feelings that come to you, but you can help the ones you yield to-"I can't help how I feel" people say
- II. **It's not that you don't ever feel sorrowful, but you never just lay down and yield to it-1Sam1:7-AC-So it was YEAR AFTER YEAR; whenever Hannah went up to the Lord's house, Peninnah provoked her, so SHE WEPT and did not eat. <sup>8</sup>Then Elkanah her husband said to her, Hannah, why do you cry? And why do you NOT EAT? And why are you GRIEVING? Am I not more to you than ten sons? <sup>9</sup>So Hannah rose after they had eaten and drunk in Shiloh. Now Eli the priest was sitting on his seat beside a post of the temple (tent) of the Lord. <sup>10</sup>And [Hannah] was IN DISTRESS OF SOUL, praying to the Lord and WEEPING BITTERLY. <sup>11</sup>She vowed, saying, O Lord of hosts, if You will indeed look on the affliction of Your handmaid and [earnestly] remember, and not forget Your handmaid but will give me a son, I will give him to the Lord all his life; no razor shall touch his head. <sup>12</sup>And as she continued praying before the Lord, Eli noticed her mouth. <sup>13</sup>Hannah was speaking in her heart; only her lips moved but her voice was not heard. So Eli thought she was drunk. <sup>14</sup>Eli said to her, How long will you be intoxicated? Put wine away from you. <sup>15</sup>But Hannah answered, No, my lord, I am a woman of a SORROWFUL SPIRIT. I have drunk neither wine nor strong drink, but I was pouring out my soul before the Lord. <sup>16</sup>Regard not your handmaid as a wicked woman; for out of MY GREAT COMPLAINT and BITTER provocation I have been speaking. <sup>17</sup>Then Eli said, GO IN PEACE, and may the God of Israel grant your petition which you have asked of Him. <sup>18</sup>Hannah said, Let your handmaid find grace in your sight. So [SHE] WENT HER WAY and ATE, her COUNTENANCE NO LONGER SAD.**
- A. This sorrow has become her life-She's not just having an off day
- B. Does she have to be this way?-You don't have to just be sad; Satan wants you to think you don't have a choice so that you'll yield to it
- C. Peace is the opposite of what she's doing-Hasn't seen peace in a while
- D. After the man of God spoke to her, she made a choice to quit that sorrow  
-She just stopped being sad --- Is it that simple
- E. What did all that sorrow produce?-It wasn't blessing God or her family, it wasn't helping her, it got her no closer to her answer
- III. **Sorrow is a dangerous waste of time-Ps127:2-It is vain (destructive, evil, useless, worthless, nothingness) for you to rise up early, to sit up late, to eat the bread of sorrows (grief, heavy toil, sorrow)**
- A. Sorrow like worry, will add nothing to you-How does it help you?-While you're doing that, you're not seeking God, trusting Him, doing what he says-Mt6:27-Which of you by taking thought (troubled with cares) can add one cubit unto his stature
- B. Sorrow is a dangerous-It'll eat away your spirit until you a frail, faithless, spiritless, being who cannot conquer in adversity
- C. Had David stayed in that place, he wouldn't have been any closer to his answer-He sought God instead of being sad, he pursued his enemies instead of being sad, he received all instead of being sad-1Sm30:4-David and the people that were with him lifted up their voice and wept, until they had no more power to weep. <sup>6</sup>And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the Lord his God.<sup>8</sup>And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, Pursue: for thou shalt surely overtake them, and without fail recover all.