

# Jeremiah 45





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Jeremiah 45  
**How To Leave Your Self-Pity Party**



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Jeremiah 45  
How To Leave Your  
Self-Pity Party

**1. Acknowledge The Way You Feel**  
**(v3)**



# Timeline Of Jeremiah's Ministry

722 B.C.	Assyria Conquers Israel
640 B.C.	Josiah Reigns In Judah
625 B.C.	Jeremiah Begins To Prophecy
612 B.C.	Babylon Conquers Assyria
609 B.C.	Jehoahaz Reigns In Judah Jehoiakim Reigns In Judah
605 B.C.	Babylon Conquers Judah Jehoiachin Reigns In Judah
597 B.C.	Babylon Conquers Judah Zedekiah Reigns In Judah
586 B.C.	Babylon Conquers Judah

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## 1 Kings 19

NLT

**13** When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, “What are you doing here, Elijah?”

**14** He replied again, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

**15** Then the Lord told him, “Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram.

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## Genesis 18

NLT

**13** Then the Lord said to Abraham, “Why did Sarah laugh? Why did she say, ‘Can an old woman like me have a baby?’

**14** Is anything too hard for the Lord? I will return about this time next year, and Sarah will have a son.”

**15** Sarah was afraid, so she denied it, saying, “I didn’t laugh.” But the Lord said, “No, you did laugh.”

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1. Acknowledge The Way You Feel (v3)
2. Remember God's Power And Position (v4)



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## 2. Remember God's Power And Position (v4)



The message to Baruch indicates that he finally feels that God is unjust and unsympathetic to his condition. But the Lord reminds him that whatever Baruch has lost is nothing compared to what the Lord has experienced.



## Jonah 4

NLT

**9** Then God said to Jonah, “Is it right for you to be angry because the plant died?” “Yes,” Jonah retorted, “even angry enough to die!”

**10** Then the Lord said, “You feel sorry about the plant, though you did nothing to put it there. It came quickly and died quickly.

**11** But Nineveh has more than 120,000 people living in spiritual darkness, not to mention all the animals. Shouldn’t I feel sorry for such a great city?”

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**2. Remember God’s Power And Position**  
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## 2. Remember God's Power And Position (v4)



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1. Acknowledge The Way You Feel (v3)
2. Remember God's Power And Position (v4)
3. Redirect Yourself Toward Glorifying God (v5)



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## 3. Redirect Yourself Toward Glorifying God (v5)



That the hurt might therefore not be healed slightly, he searches the wound, and shows him that he had raised his expectations too high in this world and had promised himself too much from it, and that made the distress and trouble he was in so very grievous to him and so hard to be borne.



## **Psalms 42**

NLT

**5** Why am I discouraged?  
Why is my heart so sad? I will  
put my hope in God! I will  
praise him again— my Savior  
and

**11** Why am I discouraged?  
Why is my heart so sad? I will  
put my hope in God! I will  
praise him again— my Savior  
and my God!

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**3. Redirect Yourself Toward Glorifying God**  
**(v5)**



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## 3. Redirect Yourself Toward Glorifying God (v5)



## Mark 9

NLT

**33** After they arrived at Capernaum and settled in a house, Jesus asked his disciples, “What were you discussing out on the road?”

**34** But they didn’t answer, because they had been arguing about which of them was the greatest.

**35** He sat down, called the twelve disciples over to him, and said, “Whoever wants to be first must take last place and be the servant of everyone else.”

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**3. Redirect Yourself Toward Glorifying God**  
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## 3. Redirect Yourself Toward Glorifying God (v5)



The frowns of the world would not disquiet us as they do if we did not foolishly flatter ourselves with the hopes of its smiles and court and covet them too much. It is our over-fondness for the good things of this present time that makes us impatient under its evil things.



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2. Remember God's Power And Position (v4)
3. Redirect Yourself Toward Glorifying God (v5)
4. Become Content With God's Promises (v5)



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## 4. Become Content With God's Promises (v5)



God reminded Baruch that one day He would bring judgment on all flesh. Worldly power, popularity, and prestige will be swept away.

This should make us less concerned about great things like fame and popularity. We have eternity to deal with.



## 1 Timothy 6

NLT

**6** Yet true godliness with contentment is itself great wealth.

**7** After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it.

**8** So if we have enough food and clothing, let us be content.

**9** But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction.

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**4. Become Content With God's Promises**  
**(v5)**



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Some of the best and dearest of God's saints and servants, when they have seen storms rising, have been in frights, and apt to make the worst of things, and to disquiet themselves with melancholy apprehensions more than there was cause for.

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