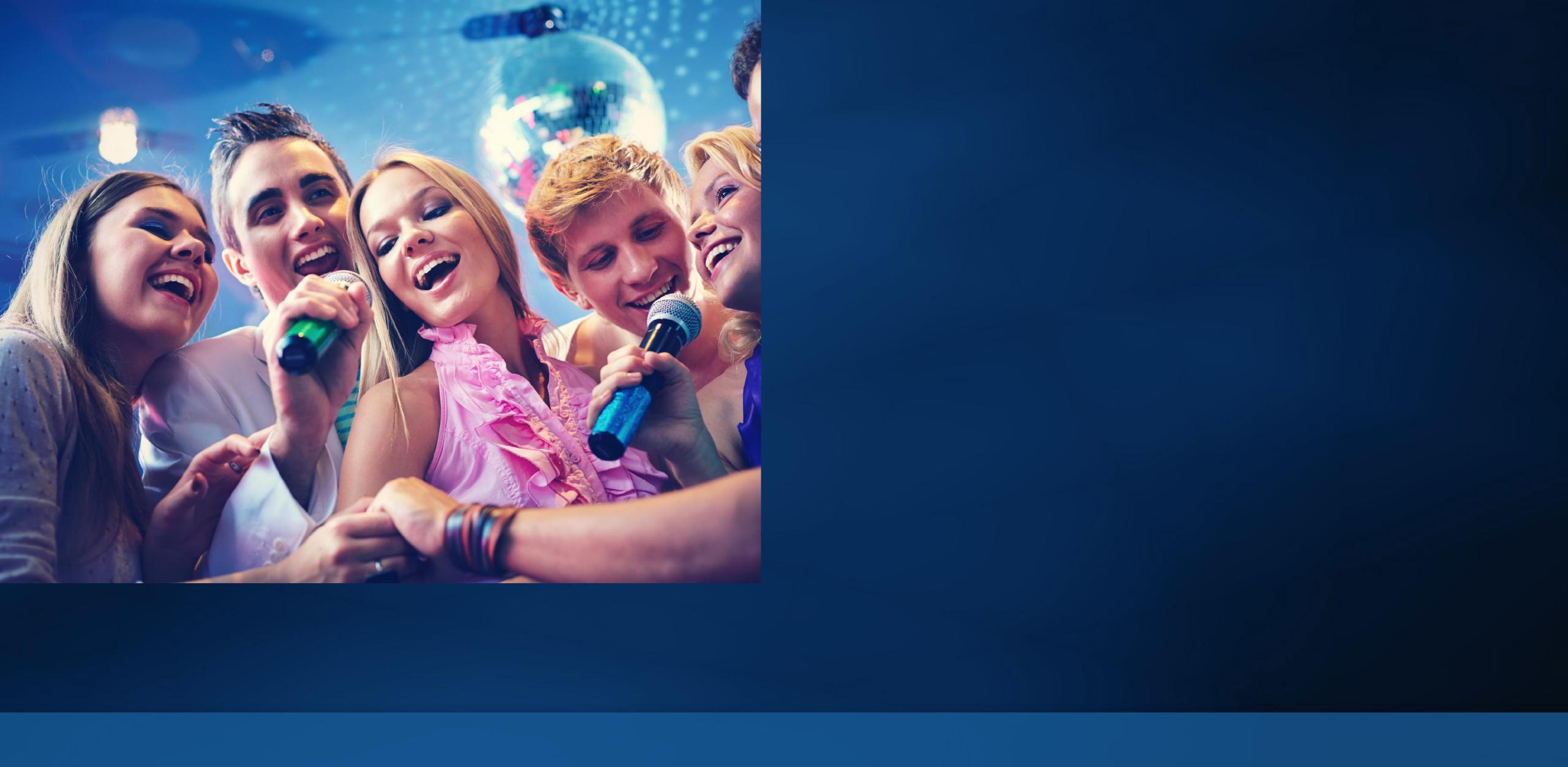
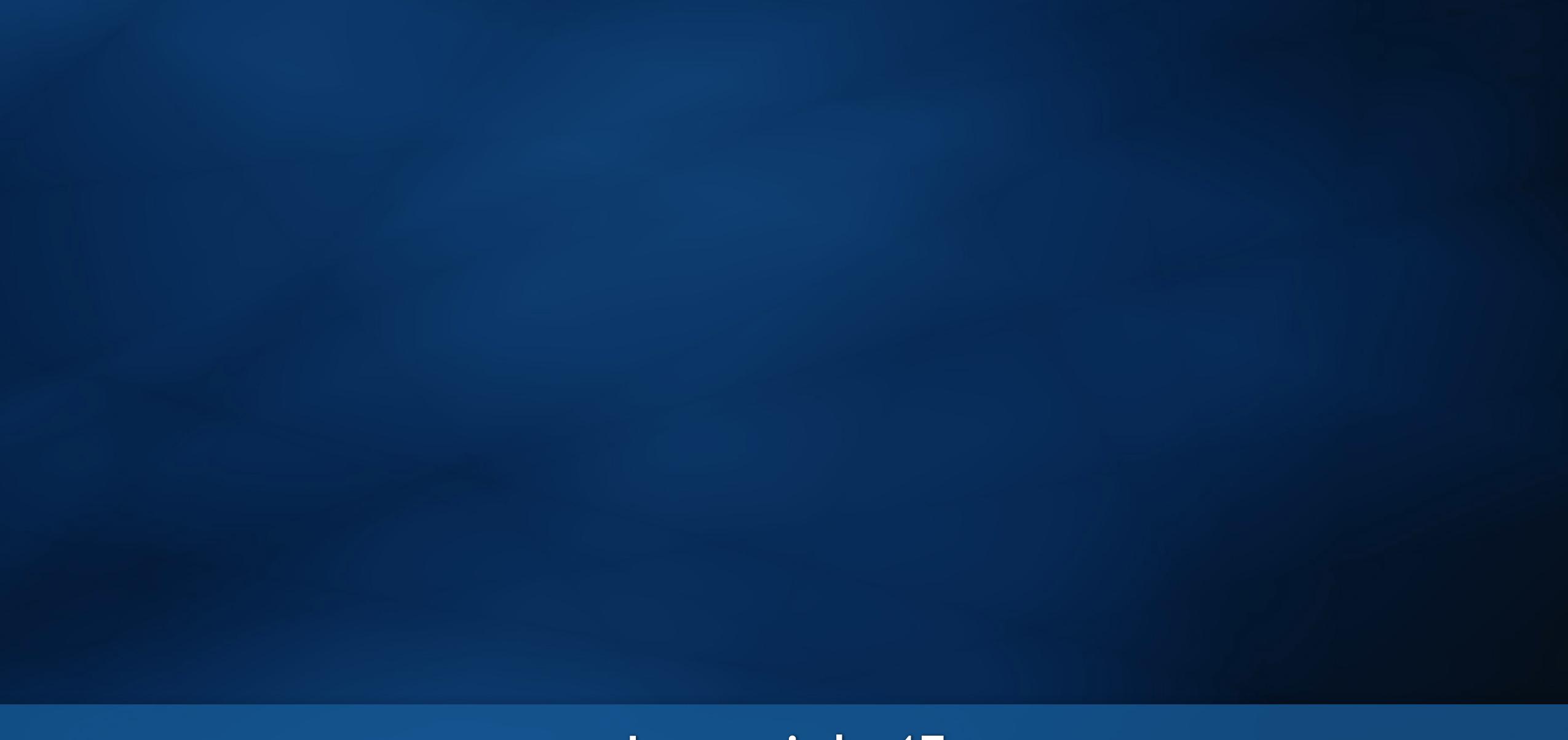


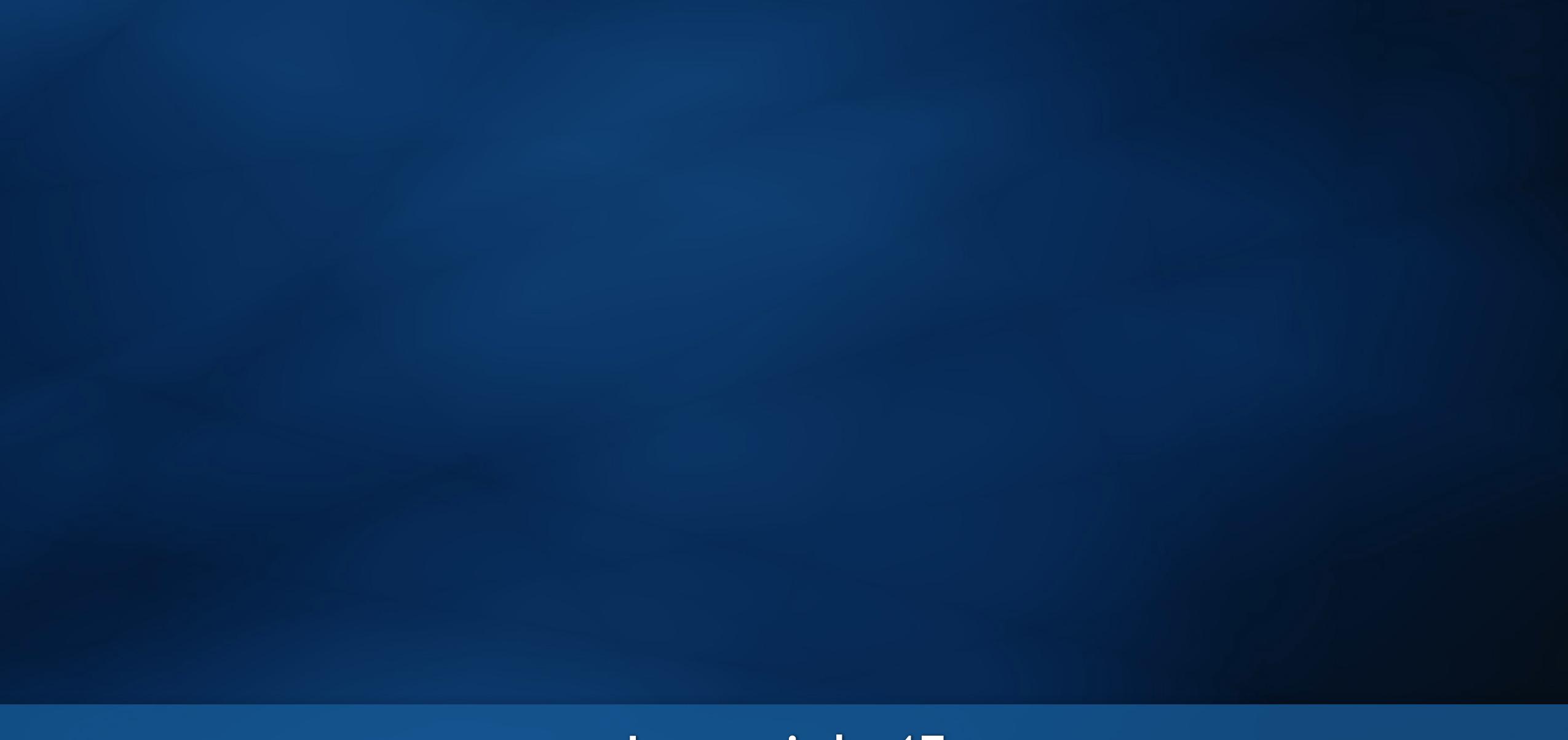
Jeremiah 45

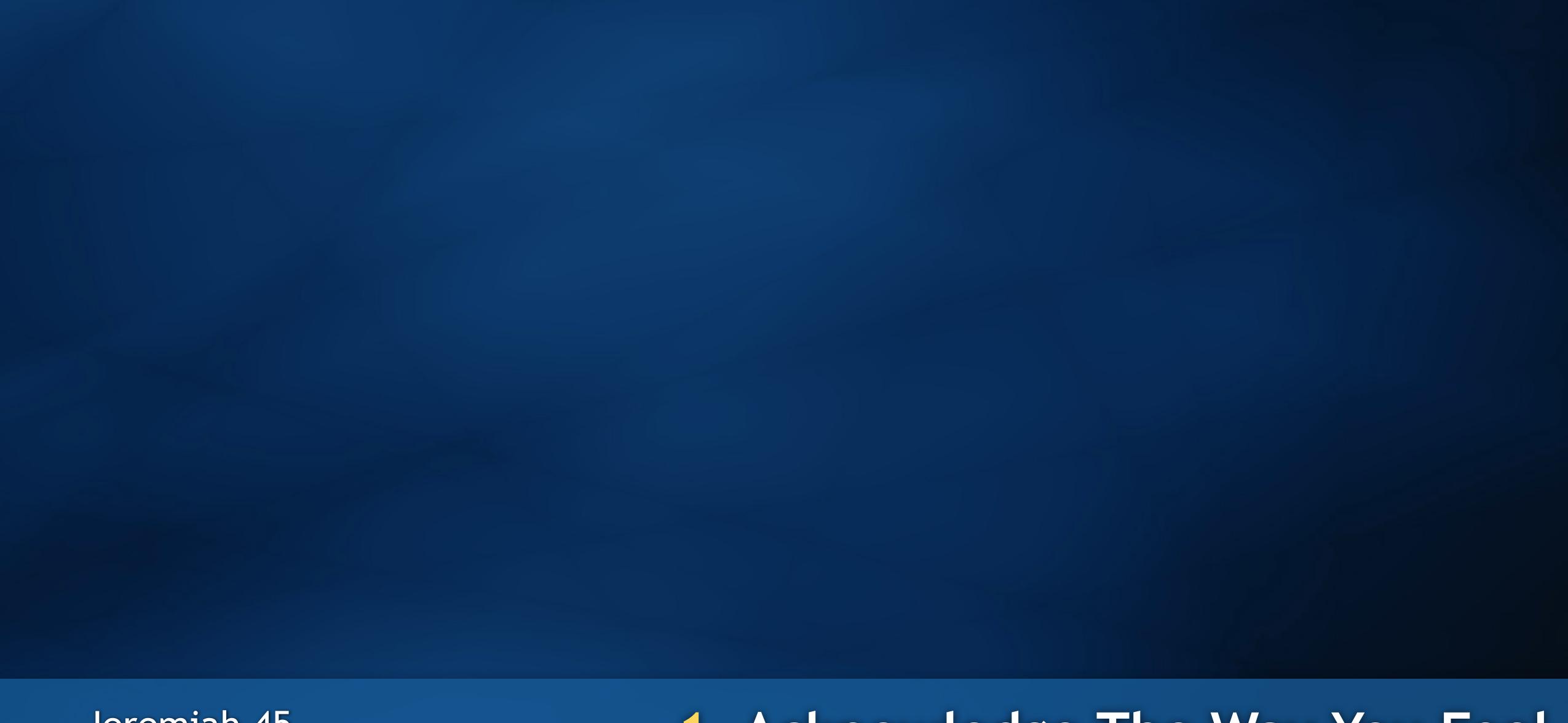


Jeremiah 45









Timeline Of Jeremiah's Ministry

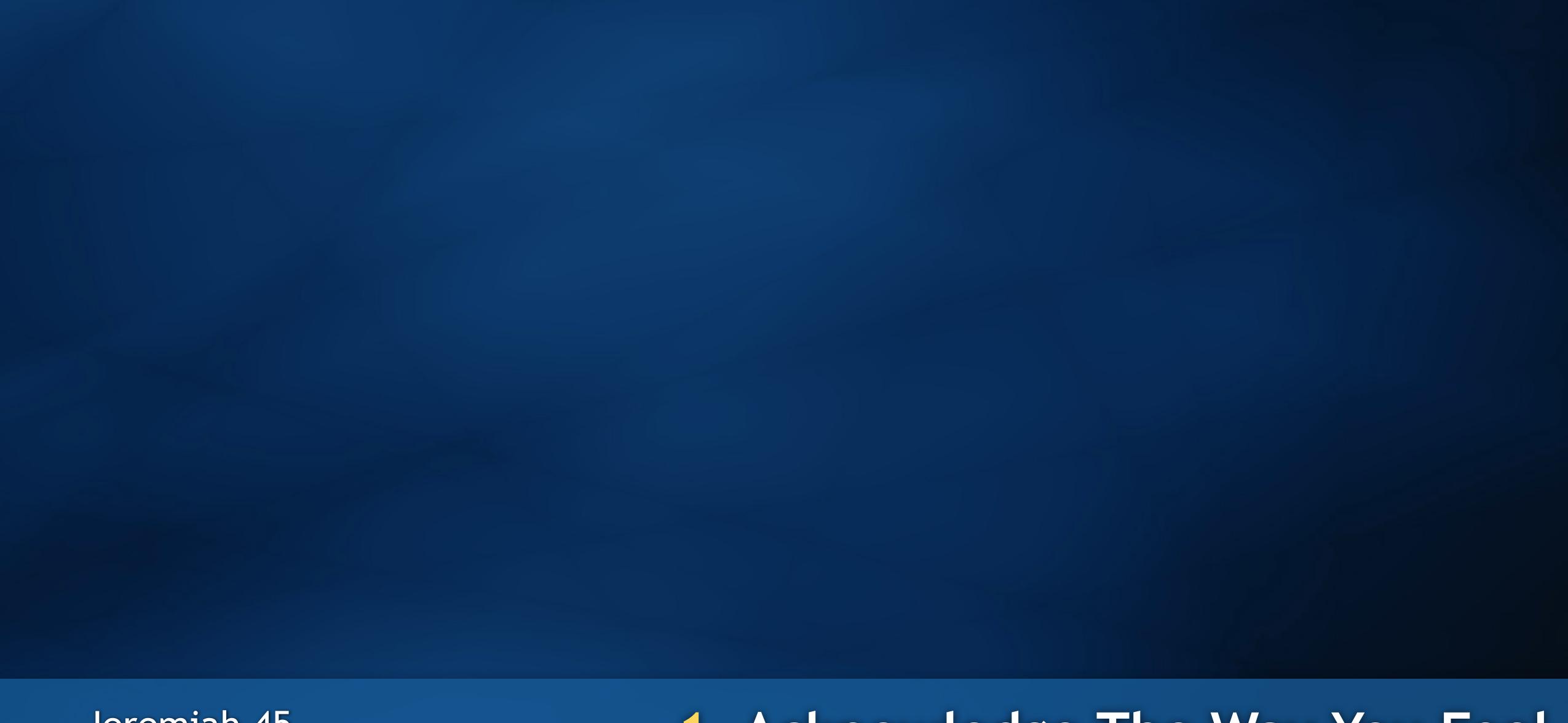
- 722 B.C. Assyria Conquers Israel
- 640 B.C. Josiah Reigns In Judah
- 625 B.C. Jeremiah Begins To Prophesy
- 612 B.C. Babylon Conquers Assyria
- 609 B.C. Jehoahaz Reigns In Judah Jehoiakim Reigns In Judah
- 605 B.C. Babylon Conquers Judah
 Jehoiachin Reigns In Judah
- 597 B.C. Babylon Conquers Judah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

Jeremiah 45 How To Leave Your Self-Pity Party

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Jeremiah 45 How To Leave Your Self-Pity Party



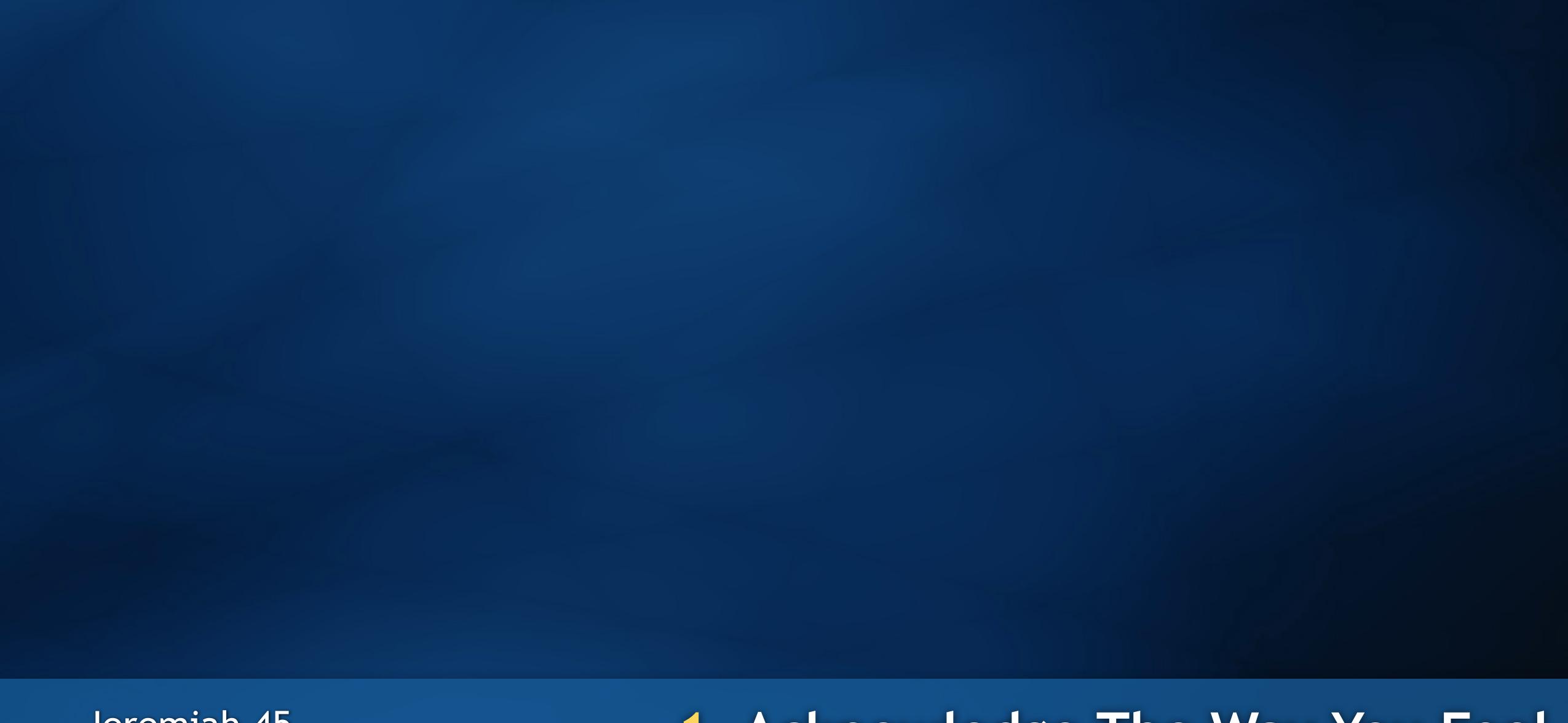
1 Kings 19

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.

Jeremiah 45 How To Leave Your Self-Pity Party



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."

Jeremiah 45 How To Leave Your Self-Pity Party



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



2. Remember God's Power And Position

Stephen Bramer, Surveying the Old Testament Prophetic Books

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.

Jeremiah 45 How To Leave Your Self-Pity Party 2. Remember God's Power And Position

(v4)

Jonah 4

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?"

Jeremiah 45 How To Leave Your Self-Pity Party

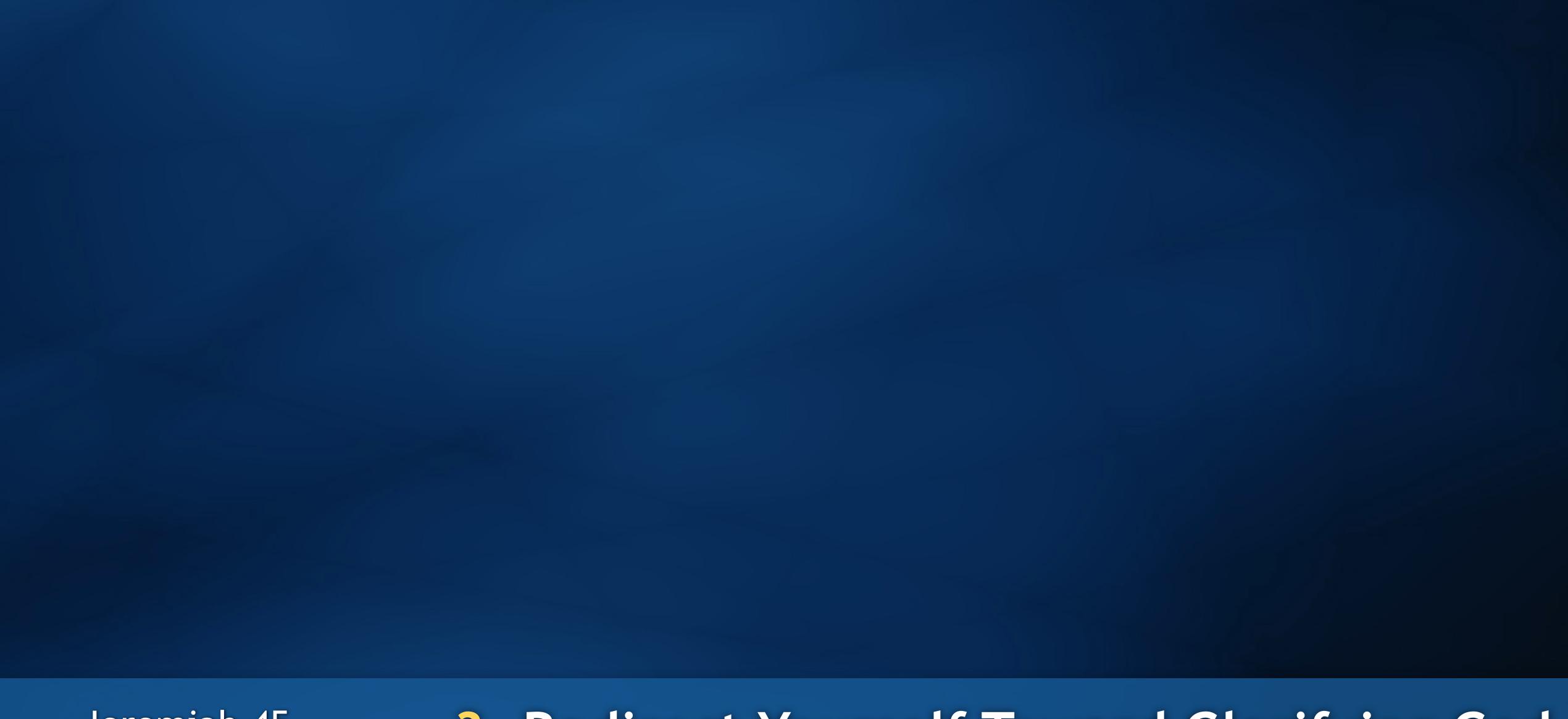
2. Remember God's Power And Position



2. Remember God's Power And Position



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



Matthew Henry's Commentary on the Whole Bible

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.

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

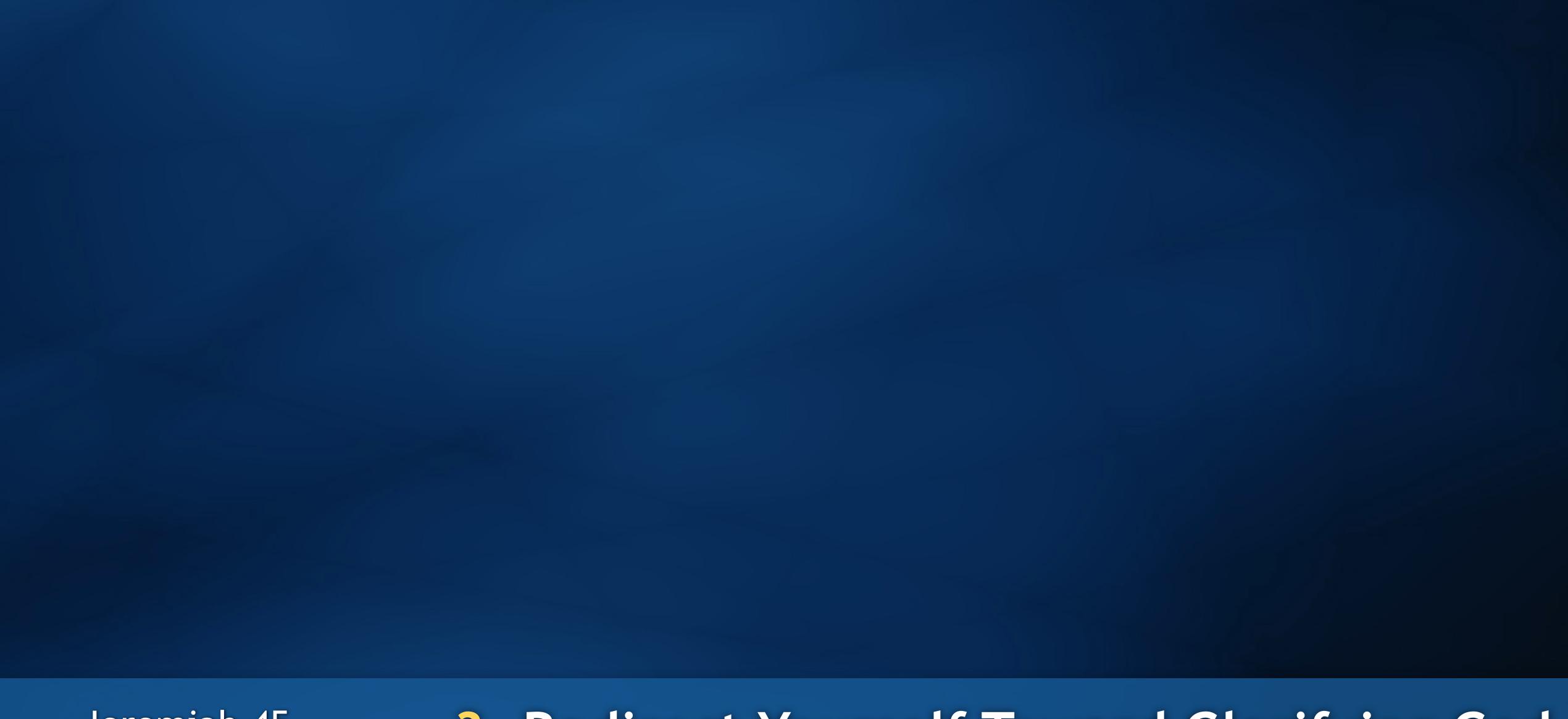
Psalms 42

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!

Jeremiah 45 How To Leave Your Self-Pity Party



Mark 9

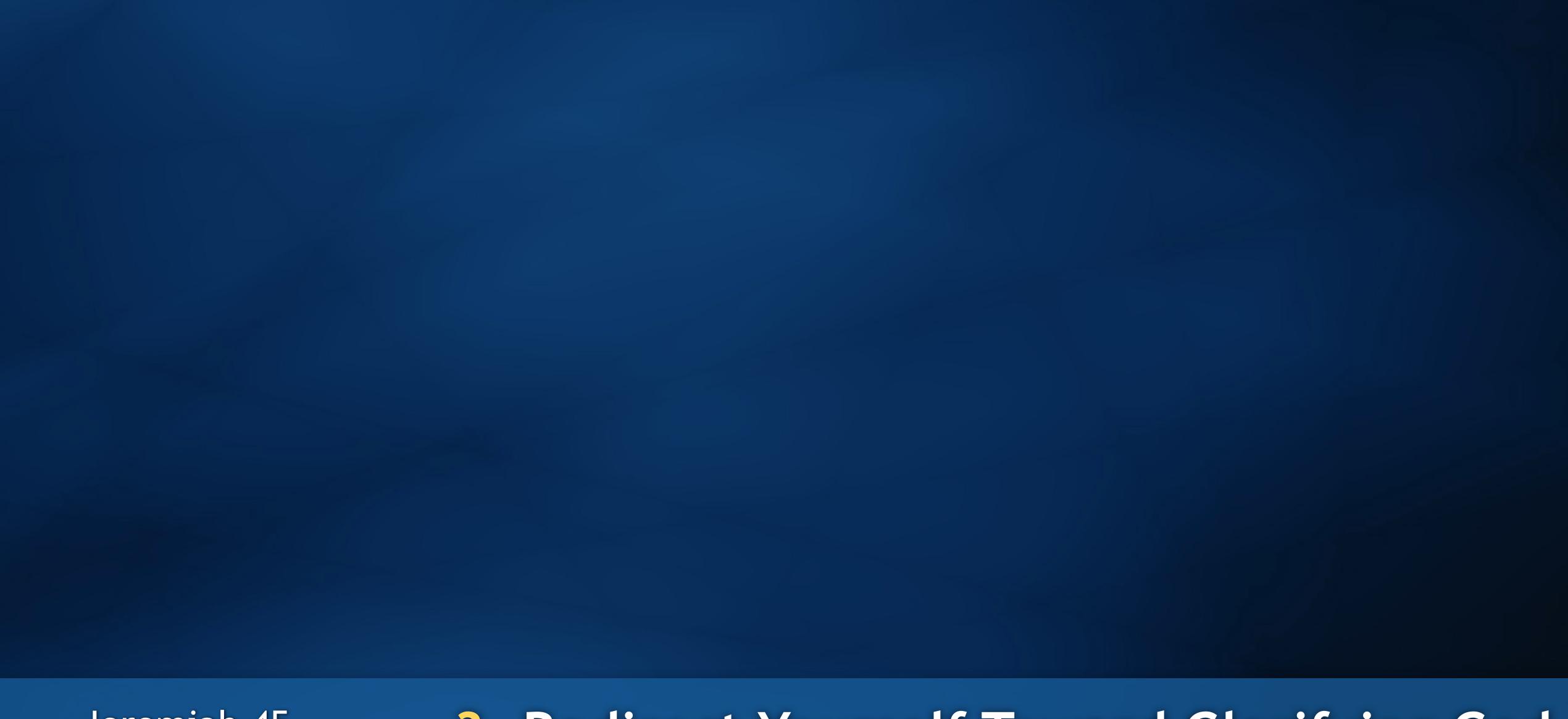
NLT

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."

Jeremiah 45
How To Leave Your
Self-Pity Party



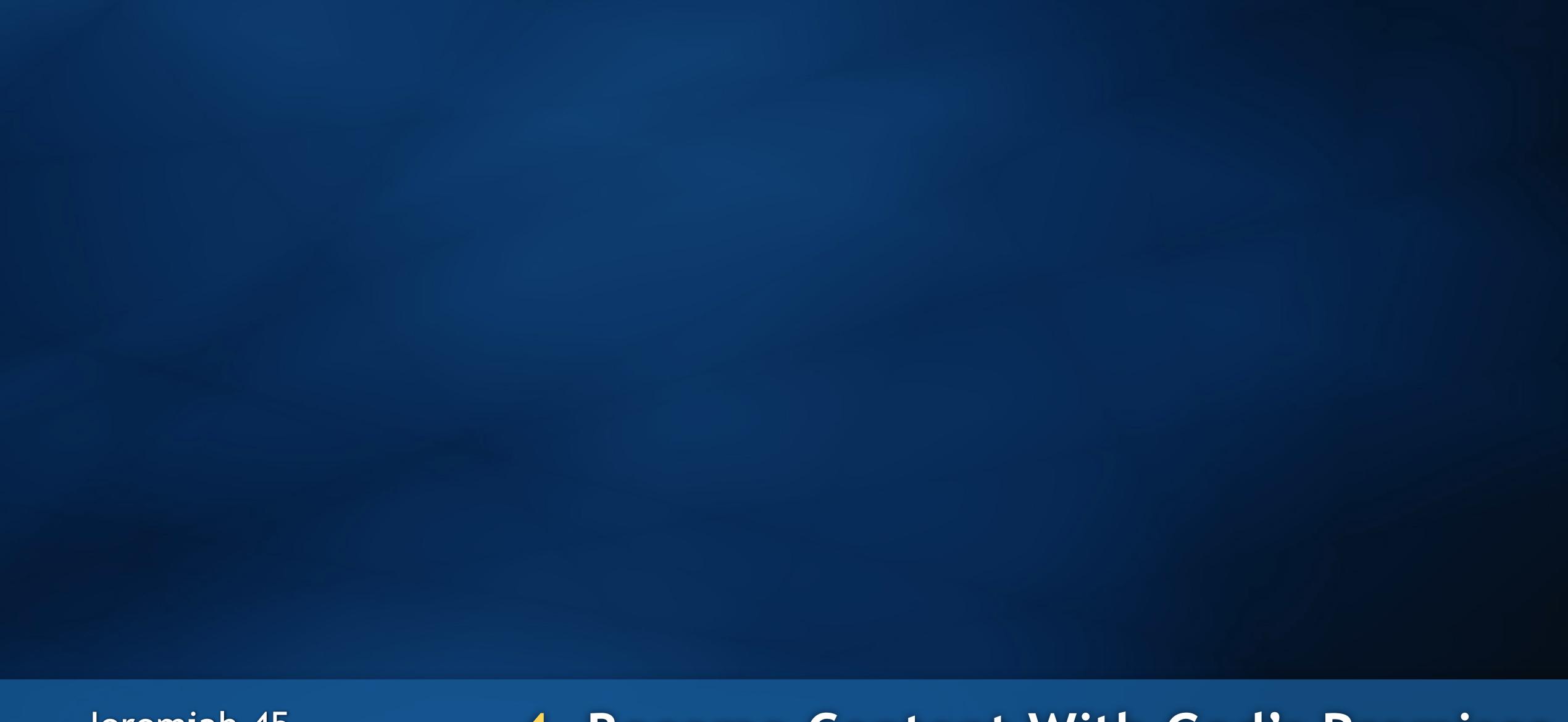
Matthew Henry's Commentary on the Whole Bible

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.

Jeremiah 45 How To Leave Your Self-Pity Party



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



4. Become Content With God's Promises

(v5)

David Guzik, Enduring Word Commentary

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.

Jeremiah 45 How To Leave Your Self-Pity Party

4. Become Content With God's Promises

1 Timothy 6

NLT

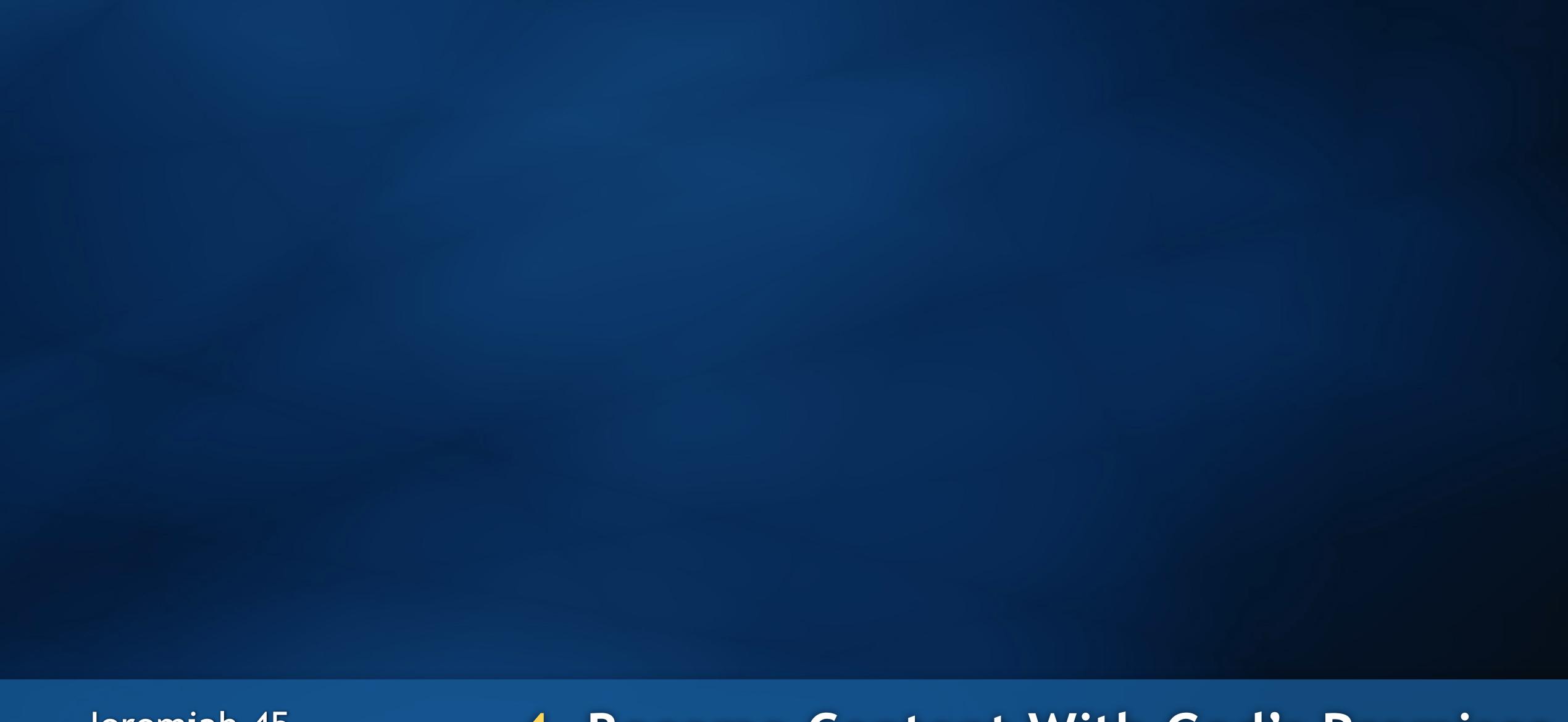
6 Yet true godliness with contentment is itself great wealth.

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.

Jeremiah 45 How To Leave Your Self-Pity Party 4. Become Content With God's Promises



4. Become Content With God's Promises

(v5)



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

Matthew Henry's Commentary on the Whole Bible

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.

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