



The Notes

I HATE THIS...

Part 1: "Let The Hate Flow Through You"

November 6, 2022

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"The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honor to his name. Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever."

Psalm 23:1-6 (NLT)

I REALLY HATE THAT...

1. ... THERE'S NO _____ IN LIFE I CAN TAKE THAT DOESN'T INTERSECT WITH _____.

"I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world."

John 16:33 (CEV)

2. ... THE THINGS I HATE WILL LEAVE A _____ ON MY LIFE THAN THE THINGS I LOVE.

“I can’t stand my life—I hate it! I’m putting it all out on the table, all the bitterness of my life—I’m holding back nothing.”

Job 10:1 (MSG)

“Listen and help, O God. I’m reduced to a whine and a whimper, obsessed with feelings of doomsday.”

Psalms 64:1 (MSG)

“I don’t understand why I still hurt. I don’t understand why my wound is not cured and cannot be healed. I think you have changed. You are like a spring of water that became dry. You are like a spring whose water has stopped flowing.”

Jeremiah 15:18 (ERV)

3. ... THE _____ LIFE USUALLY COMES FROM EXPERIENCING THE _____ IT.

“Don’t run from tests and hardships, brothers and sisters. As difficult as they are, you will ultimately find joy in them; if you embrace them, your faith will blossom under pressure and teach you true patience as you endure. And true patience brought on by endurance will equip you to complete the long journey and cross the finish line—mature, complete, and wanting nothing.”

James 1:2-4 (TVB)

“We also celebrate in seasons of suffering because we know that when we suffer we develop endurance, which shapes our characters. When our characters are refined, we learn what it means to hope and anticipate God’s goodness. And hope will never fail to satisfy our deepest need because the Holy Spirit that was given to us has flooded our hearts with God’s love.”

Romans 5:3-5 (TVB)