

# Troubles and Disappointments



## SABBATH—JUNE 6

**READ FOR THIS WEEK'S LESSON:** Mark 4:35–41; Mark 5:21–34; Job 19:23–27; Luke 24:13–27; Romans 8:18, 28.

**MEMORY VERSE:** “We are happy even when we have troubles and pain. That is because we know that those troubles help us to become patient and strong. And when we remain [stay] strong, we show that we trust God. When we trust God like that [in that way], it causes us to hope for God’s help. And when we hope like that, it [our hope] will not disappoint us. That is because we know that God loves us very much. God has given his Holy Spirit to be with us. The Holy Spirit causes us to know God’s love very well” (Romans 5:3–5, EASY).



“I thought to myself, ‘God is taking my picture!’ ”

**A YOUNG GIRL** walked home just as a storm started. Lightning lit up the sky, the same as a camera flashbulb. The girl started to run. When she got home, her father wrapped a blanket around her and asked, “Just now I saw you stop running. Why did you look up and smile at the lightning?”

She said, “Oh, I looked up because the lightning looked as bright as a camera flashbulb. I thought to myself, ‘God is taking my picture!’ ”

What do you do when the ‘storms’ of life come your way? Do you put your head down as the ‘storm’ falls? Or do you look up because you trust God is there for you?

This week, we will look at some of the things we often say and do during hard times. We will think about how we can use life’s disappointments and suffering to make our relationships grow strong.

## LIFE'S STORMS (Mark 4:35–41)

Jesus spent the day talking to big crowds of people on the beach at the Sea of Galilee.

“That evening, Jesus said to his followers, ‘Come with me across the lake’ ” (Mark 4:35, ICB). Jesus knew a storm was coming. But He suggested they sail anyway. Jesus wanted to teach an important life lesson to His followers.

**Read about the storm in Mark 4:35–41. What lessons on faith does this story teach you?**

Think about these four ideas from the story:

1. Jesus falls asleep on what may be the only pillow in the boat. The fishing boats in Jesus’ day often had one pillow. The driver of the boat sat on it in the back of the boat. The person in the back of the boat steered the boat to the place where they wanted to go. So, here is Jesus in the back of the boat, where the driver sat. But Jesus falls ‘asleep’ at the wheel.
2. Some of Jesus’ followers in the boat didn’t have much experience sailing. But Peter, James, and John were fishermen. They had a lot of experience sailing. They knew the Sea of Galilee very well. So, they knew how to sail in a storm.
3. Mark is the only writer who says that Jesus was sleeping. During this terrible storm, the followers are afraid they will die. Again, what is Jesus doing at this time? He’s asleep in the back of the boat.
4. The followers accuse Jesus during the storm. They say, “Don’t you care about us?” The followers doubt Jesus’ love for them. They think the worst about Him. Too often, we behave the same way during hard times.

When we feel hopeless, we often try to save ourselves (the same as Jesus’ followers in the storm). Sometimes when we feel pain or loss, we question God’s love and care. We want God to do certain things for us. We get upset when those things don’t happen. But God can work the biggest miracles during life’s ‘storms.’ We always can depend on Him, even when we can’t see Him at work. God is always in our ‘storms’ with us. He controls the storm when we can’t.

**What do you do when the ‘storms’ of life come? Do the storms bring you closer to God in your heart? When did you live the Bible truth in 2 Corinthians 5:7?**



**Jesus falls asleep on what may be the only pillow in the boat.**

**BE MADE WELL (Mark 5:21–34)**

Since early morning, a crowd stood on the beach at the Sea of Galilee. The crowd waited for Jesus to come back. Soon a boat moved across the water. Jesus stepped from the boat. The crowd moved close to Jesus. They followed Him into Capernaum. Then a Jewish leader named Jairus came to Jesus. Jairus asked Jesus to come heal his daughter.

A woman who was sick for many years was in the crowd. The woman spent all her money on doctors. “But she was not improving. She was getting worse” (Mark 5:26, ICB). Then she heard about the Healer from Galilee. With hope in her heart, she left home that morning to join the crowd. The crowd pushed and shoved around her. Then the woman saw Jesus and thought, “‘If I can just touch his clothes, that will be enough to heal me’ ” (Mark 5:28, ERV).

**Read the story in Mark 5:21–34. What happens in this story? What can we learn from it?**



**The woman saw Jesus and thought, “‘If I can just touch his clothes, that will be enough to heal me’ ” (Mark 5:28, ERV).**

This story shows Jesus' love for people who are sick, lonely, and lost in the crowd. That day, many people in the crowd touched Jesus. But only one person touched Jesus with faith. This woman touched Jesus to get the blessing she so badly needed. The woman's touch didn't heal her. Her faith made her well (Mark 5:34). “The Savior could tell when someone touched Him with faith. This touch felt different from the careless push and shove of the crowd around Him.”—Ellen G. White, *The Desire of Ages*, page 344, adapted. Jesus' clothes didn't have special power in them. The woman's faith and her choice to touch Jesus healed her.

Before the woman touched Jesus, she was very weak. In her suffering, she could have stayed at home in bed. But that morning, she went looking for Jesus. She hoped He would heal her. So, she came close to Him.

Jesus asks us to come close today. He says, “ ‘All you who work hard! All you who carry heavy loads! Come to me! I will give you rest. Do what I tell you. Learn what I teach you. I am gentle. I am not proud [filled with pride]. Then your hearts will rest’ ” (Matthew 11:28, 29, WE).

**This woman suffered so much. She needed Jesus so much, too. How did she show the Bible truths in Romans 5:3–5? How can you do the same in your life, too?**

## JOB (JOB 19:23–27)

When you talk about people in the Bible who suffered, who do you think about the most? Many people may think about Job. Job lost all his riches (Job 1:14–17). Job also lost his children (Job 1:18, 19) and his health. His wife then tried to convince him to “speak evil things against him [God] and die!” (Job 2:9, NIV).

After some time, Job’s friends came to visit him. They were so surprised when they saw Job. They couldn’t say anything. They sat silent with him for seven days (Job 2:13). Finally, when the friends spoke, they tried to explain his suffering and misfortune. But their words only made Job feel worse. Three of Job’s friends blamed him. They told Job they believed that a sin he did in secret caused his suffering. Job’s friends told him to confess the sin to God and stop doing it (Job 8, 11, 15). A friend said, “I know that this [all Job’s troubles, loss, and suffering] is what happens to the homes of evil people. It happens to people who turn away from God” (Job 18:21, EASY).

**Read Job 19:23–27 and Job 23:8–12. How did Job answer?**

Job didn’t know why he suffered. But he kept his faith and didn’t blame God: “When I was born, I had nothing. When I die, I will take nothing with me. The LORD has given me all the things that I have. The LORD may choose to take those things away. I will continue to praise the name of the LORD!” (Job 1:21, EASY).

Satan also causes us pain, suffering, loss, and hardship. He wants to destroy our faith in a loving God. We can answer in one of two ways: (1) We can blame God and reject Him. Or (2) we can hold on to God tightly with all our might. We must remember that our troubles in this life are short when compared to living forever with God (2 Corinthians 4:16–18). Much more is happening in the fight between good and evil than we can see now. So, we must continue to trust in God in dark times. We must hold tight to His love, even when we may not feel it.

**If you are in the middle of a hard time, go to God right now. Take your Bible and a notebook. Sit out in nature with God. Copy Romans 5:3–5. Think about the different messages in these verses. Believe that you can trust completely in God’s love and care for you.**



**Job lost all his riches (Job 1:14–17). Job also lost his children (Job 1:18, 19) and his health.**

## THE ROAD TO EMMAUS (Luke 24:13–27)

Two of Jesus' followers talked about their experience in the last few weeks. First, Jesus entered Jerusalem and cleaned the temple. Then Jesus shared the Last Supper with them in the Upper Room. Jesus prayed in Gethsemane. Judas sold Jesus for money. Jesus was put on trial. The soldiers made fun of Jesus and beat Him. Jesus was nailed to the cross. The two followers remembered Jesus' final words on the cross. Then Jesus stopped breathing. The afternoon sky became black. The temple curtain was ripped from top to bottom. Graves opened. The dead woke up. Jesus' body was removed from the cross and put in the grave before Sabbath started. This experience was the biggest disappointment of the followers' lives. They felt sad, discouraged, and confused. They didn't understand that Jesus' death was part of the most wonderful story of all time. As the two men walked on the road to Emmaus, Jesus came and walked with them.



**As the two men walked on the road to Emmaus, Jesus came and walked with them.**

**Read the conversation in Luke 24:13–27. Think about the two different views: (1) the followers and (2) Jesus.**

The two followers ran to Jerusalem. They shared with the other followers the things that happened on the road (Luke 24:33–35). Jesus came and stood in their group. When the followers saw Jesus, they were afraid. Look at the questions Jesus asks His followers: “ ‘Why are you troubled? Why do you doubt what you see?’ ” (Luke 24:38, ERV).

Jesus shares this same message with us today. Too often, we forget that Jesus walks next to us in our sufferings. Too often, we don't see Him. Too often we forget that there's much more to the story. Too often we feel sad and allow doubts into our hearts. We forget that Jesus holds our lives in His hands. Too often, we think we know better than Jesus does about what is really happening in our lives (Luke 24:18).

**The Bible gives good advice about what we, as Christians, can do when we suffer troubles and disappointments. Spend some time studying these verses: Romans 8:28; Philippians 4:4–13; James 1:2–4, 12; and 2 Corinthians 12:9, 10. Write down three messages from these verses that you can share with someone who is suffering a disappointment or a hard time right now. (Remember 2 Corinthians 1:4 as you study and share.)**

**DO YOU WISH TO SEE JESUS? (Romans 8:18, 28)**

Do you sometimes wish you could see Jesus when you feel sad or discouraged? Read the dream below. Imagine in your mind that you are the person who is dreaming it:

“I sat with my face in my hands. I felt very sad. I thought, ‘If Jesus were on this earth, I would go to Him. I would kneel at His feet. I would tell Him all of my sufferings. Jesus would show me pity. Then I would love and serve Him always. Just then, the door opened. A beautiful person entered. He looked at me with pity and said, ‘Do you wish to see Jesus? He is here. You can see Him if you wish. Take everything you own and follow me.’

“I was so happy at this news. I gladly collected all my belongings and little treasures. Then I followed my guide. He led me to some very steep stairs. The stairs didn’t look very strong or steady. I started to climb. My guide warned me to keep my eyes fixed up ahead. If I didn’t, I might get dizzy and fall. Many other people who climbed the steep stairs fell before they got to the top.

“Finally, we got to the last step and stood in front of a door. My guide told me to leave all the things I brought with me. I cheerfully laid them down. My guide opened the door and told me to enter. Then I stood in front of Jesus. His face was beautiful and filled with majesty and love. Jesus looked at me. I knew that He understood everything about my life, my secret thoughts, and feelings.

“I tried to hide myself from His searching eyes. But Jesus smiled and came close. He put His hand on my head and said, ‘Don’t be afraid.’ His sweet voice filled my heart with a happiness I never knew before. I was too joyful to say anything. Filled with happiness, I fell down at His feet. While I lay there, I saw scenes of beauty and glory. I felt as if I were in heaven. I felt so safe and peaceful. After a while, my strength came back. I stood up. Jesus’ loving eyes were looking at me. His smile filled my heart with joy. I was filled with holy love for Him. . . .

“This dream gave me hope . . . and faith. . . . And I started to understand the beauty of trusting in God.”  
—Ellen G. White, *Early Writings*, pages 79–81, adapted.

In our suffering and disappointments, we need to look to Jesus and what He shows us about God’s love for us.

**What hope does Romans 8:18, 28 give you right now?**



**“My guide warned me to keep my eyes fixed up ahead. If I didn’t, I might get dizzy and fall.”**

**ADDITIONAL THOUGHT:** When we are suffering hard times or troubles, we need to hold on tight to God. The topics we studied this quarter are all about keeping your relationship with God strong. We all suffer hard times in this life: disease or poor health, money problems, a broken marriage, the death of a loved one, or other sorrows and disappointments. During these dark times, think about the questions below and the lessons we studied so far.

### DISCUSSION QUESTIONS:

- ① What troubles are you suffering right now? What do your hard times teach you about God's love? How can you learn to see God's love more plainly in your life today?
- ② When did you last pray for God's voice in your life to be more powerful than the enemy's? Remember that the thief (Satan) comes to steal, kill, and destroy. But God gives life (John 10:10).
- ③ Is your heart empty of all pride? Do you trust that God is in control of your life? Do you believe that He is leading you, even in hard times? If no, how can you learn to trust in God's love for you personally?
- ④ Are you studying God's Word, the Bible, every day? Ask God to fill you with new love for Him again during hard times.
- ⑤ God is your Helper. Trust Him to keep His promise never to leave you. When was the last time you went to God for love, advice, pity, and help (Hebrews 13:5)?
- ⑥ If your faith is weak, pray, " 'I do believe! Help me to believe more!' " (Mark 9:24, WE). Spend time with people who encourage you.
- ⑦ Often, no one cares about people who are poor, suffering, hurt, broken, or weak. But God's message is " 'When you are weak, my power is strong' " (2 Corinthians 12:9, WE). This message can improve someone's life in a powerful way. Think of someone you can encourage with this message today.



**When we are suffering hard times or troubles, we need to hold on tight to God.**

## LIFE'S MOST IMPORTANT WORK

**Z**eth Louis Lekatompessy made a plan to lead his seven brothers and sisters and their families to Jesus. Zeth made his plan the same year that he was baptized in Indonesia.

What was Zeth's plan? Zeth asked his wife to help him pray for his family. Zeth and his wife got married shortly before his baptism. Zeth and his wife also visited his family members. Then Zeth and his wife studied the Bible with them. Zeth invited his family to Bible meetings at a Seventh-day Adventist church on Ambon Island, where they lived. At the end of the meetings, 13 people were baptized, including Zeth's older sister and two other family members. Later, five more brothers and sisters were baptized. Zeth was filled with joy! He decided that leading people to Jesus was life's most important work.

For the next two years, Zeth worked as a Bible bookseller. Zeth sailed between islands in Indonesia to sell his books. Then the COVID-19 pandemic ended his work.

As Zeth thought about the future, he decided to volunteer as a Bible worker. His wife agreed with the idea. Zeth remembered the plan he made to help His family accept Jesus. Zeth decided to use that same plan to help other people accept the Lord, too.

Zeth and his wife made a list of every person they knew who didn't know Jesus. Then they prayed for the people on the list daily. With their two small children, Zeth and his wife visited people on the list. When Zeth, his wife, and kids arrived at a new house, Zeth introduced himself and his family. Then he said, "We are Seventh-day Adventists."

The homeowners asked, "What's a Seventh-day Adventist?"

Zeth said, "A Seventh-day Adventist is someone who worships God on the Sabbath."

The next question was, "What is the Sabbath?"

Zeth suggested that the homeowners look up the answer online. When the homeowners saw that the Sabbath was Saturday, they were surprised. They asked, "Is Saturday really God's day of worship?"

Then Zeth opened His Bible and offered Bible studies.

The prayer list grew to 50 names over three years. Zeth and his family often visited three families a day. Four people on the list were baptized before Zeth left to study at Klabat University. Three more people were baptized while he studied at Klabat. Other people continued Bible studies while he was away.

Zeth says, "14% of the people on my list are now baptized."

Thank you for your 13th Sabbath Offering. Klabat University in Indonesia got part of a past 13th Sabbath offering. This quarter's offering will help other schools in East Africa and Asia. Watch a YouTube show about Zeth at: [bit.ly/Zeth-IS](https://bit.ly/Zeth-IS).

## INSIDE Story



**Zeth and his wife prayed for the people on the list daily.**



**Zeth Louis Lekatompessy**