Ibuprofen for Limping Christians

Ibuprofen can’t cure a limp, but it may provide temporary relief so you can keep moving. Spiritual ibuprofen gives comfort when you fall and courage to get up again (Proverbs 24:16). Three tablets of spiritual ibuprofen—

**1. The First Tablet—**for *terrible trials*

A. Job *complained* to God

Job 3

B. God *confronted* Job

Job 38:1-3; 40:1-5; 42:1-6

C. God’s *commended* Job

Job 42:7-9

**2. The Second Tablet**—for *fearsome falls*

Jesus will pick you up as He did Peter

A. He *requested* help for Peter

Luke 22:31-34

B. He *reached* out to Peter

Luke 24:33-34

C. He *recommissioned* Peter

John 21:15-17

**3. The Third Tablet**—for *feeble faith*

When your faith is too little—

A. To trust in God’s *provision*

Matthew 6:25-34; 16:5-12

B. To rest in God’s *protection*

Matthew 8:23-27; Matthew 14:24-33

C. To draw on God’s *power*

Matthew 17:14-21

**Application:** Be comforted, and be encouraged because in all of these cases God—

A. Did not *reject* these limping believers

B. Mildly *rebuked* these limping believers

C. Gently *restored* these limping believers

**For Personal Reflection or Family Discussion**

1. What was the most important or helpful thing you heard in the sermon?

2. What questions did the sermon raise in your mind?

What was the most convicting part of the message?

3. Here are some promises to which you can cling when you feel like a total spiritual failure.

Psalm 37:23-24

Psalm 145:14

Psalm 147:1-6

Isaiah 41:10, 17

Isaiah 42:16

Micah 7:7-9

Note: There is good medicine for limping Christians in *The Bruised Reed*, by Richard Sibbes. Sibbes was an English Puritan who ministered in the early 17th century. This book, which is based on Matthew 12:20, has been valued and read for 400 years. It is available from The Banner of Truth Trust in an abridged form for modern readers. I still have one copy available at a good discount--$6.00.