



Paying Attention

Tom Deviney



Psalm 23:4a *New International Version*
**Even though I walk through the darkest
valley, I will fear no evil...**









Isaiah 9:2

**The people who walked in darkness
have seen a great light; those who lived
in a land of deep darkness – on them
light has shined.**



Psalm 22:1–18

My God, my God, why have you forsaken me? Why are you so far from helping me, from the words of my groaning? O my God, I cry by day, but you do not answer; and by night, but find no rest.



Yet you are holy, enthroned on the praises of Israel. In you our ancestors trusted; they trusted, and you delivered them. To you they cried, and were saved; in you they trusted, and were not put to shame.



**But I am a worm, and not human;
scorned by others, and despised by the
people. All who see me mock at me;
they make mouths at me, they shake
their heads; “Commit your cause to the
Lord; let him deliver – let him rescue the
one in whom he delights!”**



Yet it was you who took me from the womb; you kept me safe on my mother's breast. On you I was cast from my birth, and since my mother bore me you have been my God. Do not be far from me, for trouble is near and there is no one to help.



Many bulls encircle me, strong bulls of Bashan surround me; they open wide their mouths at me, like a ravening and roaring lion.



I am poured out like water and all my bones are out of joint; my heart is like wax; it is melted within my breast; my mouth is dried up like a potsherd, and my tongue sticks to my jaws; you lay me in the dust of death.



**For dogs are all around me; a company
of evildoers encircles me. My hands and
feet have shriveled; I can count all my
bones. They stare and gloat over me;
they divide my clothes among
themselves, and for my clothing they
cast lots.**



Psalm 10:1

**Why, O LORD, do you stand far off? Why
do you hide yourself in times of trouble?**



Avoidance/Defense

Denial

Minimizing

Blaming others or yourself

“over-spiritualizing”

Rationalizing

Intellectualizing

Distracting

Becoming hostile

Medicating



Job – “The Story of Us All”



Job 3:1–4; 24–26

After this Job opened his mouth and cursed the day of his birth. Job said: “Let the day perish in which I was born, and the night that said, ‘A man-child is conceived.’ Let that day be darkness! May God above not seek it, or light shine on it...



**...For my sighing comes like my bread,
and my groanings are poured out like
water. Truly the thing that I fear comes
upon me, and what I dread befalls me. I
am not at ease, nor am I quiet; I have no
rest; but trouble comes.”**



What is your greatest pain at this time?



What is your greatest loss at this time?





What is your greatest fear at this time?





Psalm 22:22

**I will tell of your name to my brothers
and sisters; in the midst of the
congregation I will praise you.**



Paying Attention

Tom Deviney