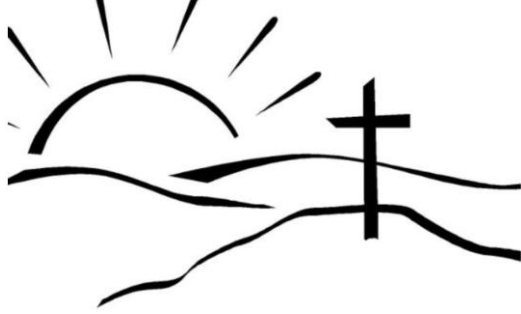




“Dan sal jou lig deurbreek soos die dageraad en jou genesing skielik uitspruit; en jou geregtigheid sal voor jou uit gaan, die heerlikheid van die HERE jou agterhoede wees.”

21 Jan 2024

DIE SWART HOND AANVAARDING BETEKEN NIE OPGEE NIE

Openingsvraag:

- Raak kinders van die Here negatief?
- Jy moet eers aanvaar wat jou posisie is voor jy vorentoe kang aan!
- Jy kan nie jou emosies ignoreer in jou lewe nie.
- Wat is vir verskil tussen emosies en gevoelens?

Skriflesing

Hand 9: 3-6

1953

3 En toe hy op sy reis naby Damaskus kom, omstraal hom skielik 'n lig van die hemel af;

4 en hy val op die grond en hoor 'n stem vir hom sê: **Saul, Saul, waarom vervolg jy My?**

5 En hy sê: Wie is U, HERE? En die HERE antwoord: **Ek is Jesus wat jy vervolg. Dit is hard vir jou om teen die prikkels te skop.**

6 En terwyl hy bewoond en verbaas was, sê hy: HERE, wat wil U hê moet ek doen? En die HERE antwoord hom: **Staan op en gaan na die stad, en dit sal jou gesê word wat jy moet doen.**

AMP

3 As he travelled he approached Damascus, and suddenly a light from heaven flashed around him [displaying the glory and majesty of Christ];

4 and he fell to the ground and heard a voice [from heaven] saying to him, “**Saul, Saul, why are you persecuting and oppressing Me?**”

5 And Saul said, “Who are You, LORD?” And He answered, “**I am Jesus whom you are persecuting,**

6 now get up and go into the city, and you will be told what you must do.”

MSG

3-4 He set off. When he got to the outskirts of Damascus, he was suddenly dazed by a blinding flash of light. As he fell to the ground, he heard a voice: “**Saul, Saul, why are you out to get me?**”

5-6 He said, “Who are you, Master?”

“**I am Jesus, the One you’re hunting down. I want you to get up and enter the city. In the city you’ll be told what to do next.”**

- *Wees eerlik met jouself. Wees eerlik waar jy is. Die lewe is soveel makliker as jy eerlik met jouself en na die stem van die Here luister.*
- *Emosies word gedryf deur jou hart. Emosies is deel van jou menswees. Gevoelens is hoe ek oor my emosies voel. Gevoelens word gevorm in my verstand.*
- *Hoe ek daardie emosie interpreteer, depressiweïet kan kom agv gemiese wanbalans. (Bv soos jou skildklier) Dit kan ook geneties wees. Trauma of skok is gevoelens. Tussen emosies en gevoelens. Jy begin leuens te glo want jou gevoelens is nie reg nie.*

1. Wat het Moses, Dawid, Job en Elia in gemeen?

Deut 1:12 (Moses)

1953

Hoe sou ek die moeilikheid en die las en die regsake van julle alleen kan dra?

AMP

How can I alone bear the weight and pressure and burden of you and your strife (*contention*) and complaining?

MSG

But how can I carry, all by myself, your troubles and burdens and quarrels?

- *Dit was net te veel vir Moses. Hy was oorweldig,*

Ps 139: 8 (Dawid)

1953

Klim ek op na die hemel, U is daar; en maak ek die doderyk my bed, kyk, U is daar!

AMP

If I ascend to heaven, You are there; If I make my bed in Sheol (*the nether world, the place of the dead*), behold, You are there.

MSG

If I climb to the sky, you're there! If I go underground, you're there!

- *God is daar! Of jy in die lig en of jy in die donkerte is.*

Job 7: 6-7 (Job)

1953

6My dae is vinniger as 'n wewerspoel en verdwyn sonder verwagting.

7Bedink tog dat my lewe wind is; my oog sal die voorspoed nie weer sien nie.

AMP

7"Remember that my life is but breath [*a puff of wind, a sigh*]; My eye will not see good again.

8The eye of him who sees me [*now*] will see me no more; Your eyes will be upon me, but I will not be.

MSG

God, don't forget that I'm only a wisp of air! These eyes have had their last look at goodness. And your eyes have seen the last of me; even while you're looking, there'll be nothing left to look at.

- *As jy in negatiewe omstandighede is dan glo jy jy sal nooit weer gelukkig wees nie.*

1 Kon 19:2-4 (Elia)

1953

2Daarop stuur Isébel 'n boodskapper na Elía om te sê: Mag die gode so doen en so daaraan toedoen — sekerlik sal ek môre sulke tyd jou siel maak soos die siel van een van hulle.

3Toe hy dit sien, het hy hom klaargemaak en ter wille van sy lewe weggegaan. En toe hy in Berséba in Juda aangekom het, het hy sy dienaar daar laat agterbly;

4maar self het hy 'n dagreis ver die woestyn ingegaan en daar onder 'n besembos gaan sit en gewens dat hy mag sterwe. En hy sê: Dit is genoeg, neem nou my siel weg, HERE, want ek is nie beter as my vaders nie.

AMP

2Then Jezebel sent a messenger to Elijah, saying, "So may the gods do to me, and even more, if by this time tomorrow I do not make your life like the life of one of them."

3And Elijah was afraid and arose and ran for his life, and he came to Beersheba which belongs to Judah, and he left his servant there.

4But he himself traveled a day's journey into the wilderness, and he came and sat down under a juniper tree and asked [God] that he might die. He said, "It is enough; now, O LORD, take my life, for I am no better than my fathers."

MSG

Jezebel immediately sent a messenger to Elijah with her threat: "The gods will get you for this and I'll get even with you! By this time tomorrow you'll be as dead as any one of those prophets." When Elijah saw how things were, he ran for dear life to Beersheba, far in the south of Judah. He left his young servant there and then went on into the desert another day's journey. He came to a lone broom bush and collapsed in its shade, wanting in the worst way to be done with it all—to just die: "Enough of this, God! Take my life—I'm ready to join my ancestors in the grave!"

- *Baie van ons het al so gevoel. Negatiwiteit en depresiwiteit hoop op. Selfs Elia het alleenheid en negatiwiteit ervaar.*

2. Moet ek my emosies aanvaar of begrawe.

Jer 17:9-10

1953

9Bedrieglik is die hart bo alle dinge, ja, verdorwe is dit; wie kan dit ken?

10Ek, die HERE, deursoek die hart, toets die niere, om aan elkeen te gee na sy weë, volgens die vrug van sy handeling.

AMP

9"The heart is deceitful above all things And it is extremely sick; Who can understand it fully and know its secret motives?

10I, the LORD, search and examine the mind, I test the heart, To give to each man according to his ways, According to the results of his deeds.

MSG

9-10"The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be."

- *Probeer om dadelik die probleem uit te sorteer. Moenie oordink nie, dit kan bedrieglik wees.*

Rom 7: 19- 20

1953

19Want die goeie wat ek wil, doen ek nie, maar die kwaad wat ek nie wil nie, dit doen ek.

20Maar as ek doen wat ek nie wil nie, dan doen ek dit nie meer nie, maar die sonde wat in my woon.

AMP

19For the good that I want to do, I do not do, but I practice the very evil that I do not want.

20But if I am doing the very thing I do not want to do, I am no longer the one doing it [that is, it is not me that acts], but the sin [nature] which lives in me.

MSG

17-20 But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions, I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time.

- *Maar ek het nog iets nodig! Want as ek die wet ken, maar dit steeds nie kan onderhou nie, en as die mag van sonde in my aanhou om my beste bedoelings te saboteer, het ek natuurlik hulp nodig! Ek besef dat ek nie het wat dit verg nie. Ek kan dit wil, maar ek kan dit nie doen nie. Ek besluit om goed te doen, maar ek doen dit nie regtig nie; Ek besluit om nie sleg te doen nie, maar dan doen ek dit tog. My besluite, soos hulle is, lei nie tot daad nie. Iets het diep binne my verkeerd geloop en kry elke keer die oorhand oor my.*

3. Agv die sondeval wil ons die werklikheid wegsteek.

Gen 3:6-10

1953

6 Toe sien die vrou dat die boom goed was om van te eet en dat hy 'n lus was vir die oë, ja, 'n boom wat 'n mens kan begeer om verstand te verkry; en sy neem van sy vrugte en eet en gee ook aan haar man by haar, en hy het geëet.

7 Toe gaan altwee se oë oop, en hulle word gewaar dat hulle naak is; en hulle het vyeblare aanmeakaargewerk en vir hulle skorte gemaak.

8 En hulle het die stem van die HERE God gehoor terwyl Hy wandel in die tuin in die aandwindjie; en die mens en sy vrou het hulle verberg vir die aangesig van die HERE God tussen die bome van die tuin.

9 Toe roep die HERE God na die mens en sê vir hom: Waar is jy?

10 En hy antwoord: Ek het u geruis gehoor in die tuin en gevrees, want ek is naak; daarom het ek my verberg.

AMP

6 And when the woman saw that the tree was good for food, and that it was delightful to look at, and a tree to be desired in order to make one wise and insightful, she took some of its fruit and ate it; and she also gave some to her husband with her, and he ate.

7 Then the eyes of the two of them were opened [*that is, their awareness increased*], and they knew that they were naked; and they fastened fig leaves together and made themselves coverings.

8 And they heard the sound of the LORD God walking in the garden in the cool [*afternoon breeze*] of the day, so the man and his wife hid and kept themselves hidden from the presence of the LORD God among the trees of the garden.

9 But the LORD God called to Adam, and said to him, "Where are you?"

10 He said, "I heard the sound of You [*walking*] in the garden, and I was afraid because I was naked; so I hid myself."

MSG

6 When the Woman saw that the tree looked like good eating and realized what she would get out of it—she'd know everything!—she took and ate the fruit and then gave some to her husband, and he ate.

7 Immediately the two of them did "see what's really going on"—saw themselves naked! They sewed fig leaves together as makeshift clothes for themselves.

8 When they heard the sound of God strolling in the garden in the evening breeze, the Man and his Wife hid in the trees of the garden, hid from God.

9 God called to the Man: "Where are you?"

10He said, "I heard you in the garden and I was afraid because I was naked. And I hid."

- *Adam en Eva was skaam vir die werklikheid nadat hulle gesondig het.*
- *Moenie skaam wees as jy negatief raak nie. Moet net nie opgee nie!*
- *God verstoot my nie. Al is ek negatief, Hy kom soek my steeds!*

Joh 16:33

1953

Dit het Ek vir julle gesê, dat julle in My vrede kan hê. In die wêreld sal julle verdrukking hê; maar hou goeie moed, Ek het die wêreld oorwin.

AMP

I have told you these things, so that in Me you may have [perfect] peace. In the world you have tribulation and distress and suffering, but be courageous [be confident, be undaunted, be filled with joy]; I have overcome the world." [My conquest is accomplished, My victory abiding.]

MSG

I've told you all this so that trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I've conquered the world.

- *God sê vir my: In hierdie goddelose wêreld sal jy voortgaan om probleme te ervaar. Maar hou moed! Ek het die wêreld oorwin.*

4. Daar is n beter pad as die besembos.

Ps 139:23-24

1953

23Deurgrond my, o God, en ken my hart; toets my en ken my gedagtes;

24en kyk of daar by my 'n weg is van smart, en lei my op die ewige weg!

AMP

23Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts;

24And see if there is any wicked or hurtful way in me, And lead me in the everlasting way.

MSG

23-24Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong— then guide me on the road to eternal life.

- *Ondersoek my lewe, o God, vind alles van my uit; Kruisondervra en toets my, kry 'n duidelike prentjie van waaroor ek gaan; Kyk self of ek iets verkeerd gedoen het - lei my dan op die pad na die ewige lewe.*

Belofte

Hos 10:12

1953

Saaï vir julle volgens die eis van geregtigheid, maai in ooreenstemming met die liefde; braak vir julle 'n braakland, want dit is tyd om die HERE te soek, totdat Hy kom en geregtigheid oor julle laat reën.

AMP

Sow with a view to righteousness [that righteousness, like seed, may germinate]; Reap in accordance with mercy and lovingkindness. Break up your uncultivated ground, For it is time to seek and search diligently for the LORD [and to long for His blessing] Until He comes to rain righteousness and His gift of salvation on you.

MSG

Sow righteousness, reap love. It's time to till the ready earth, it's time to dig in with God, Until he arrives with righteousness ripe for harvest. But instead you plowed wicked ways, reaped a crop of evil and ate a salad of lies. You thought you could do it all on your own, flush with weapons and manpower.

- *Saai geregtigheid, maai liefde. Dit is tyd om die gereed aarde te bewerk, dit is tyd om by God in te grawe, totdat hy kom met geregtigheid wat ryp is vir oes. Maar in plaas daarvan het jy goddelose weë geploeg, 'n oes van boosheid afgeoes en 'n slaai van leuens geëet. Jy het gedink jy kan dit alles op jou eie doen, spoel met wapens en mannekrag.*

Dis ok om nie ok te wees nie!