
weaknesses, **insults**, hardships, persecutions, and calamities;
for when I am weak, then I am strong.

The “Contempt Train”

Self=#1—>

I am a victim of sin—>

Protect self—>

Self-contempt—>

Agent of other-centered contempt

The “Content(ment) Train”

God=#1—>

I am an agent of sin—>

Repent (humility)—>

Mercy—>

Weakness, thus free to be...—>

Compelled to bless others

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Contempt

How Life Feels - part 13

Book of Psalms

July 19, 2020

How contempt pummels us ... and ... how we pummel ourselves

*Psalms 102:6 I am like a **desert** owl, like an owl among **the ruins**.⁷ I lie awake; I have become like a bird **alone** on a roof.⁸ All day long my enemies **taunt** me; those who **rail against me** use my name **as a curse**.⁹ For I eat ashes as my food and **mingle my drink with tears**¹⁰ because of your great wrath, for you have taken me up and thrown me aside.¹¹ My days are like the evening shadow; **I wither away** like grass.*

Why is contempt so painful?

Self=#1—>

I am a victim of sin—>

Protect self—>

Self-contempt—>

Agent of other-centered contempt

Godly response to contempt

Psalms 22:6 But I am a worm and not a man, scorned by men and despised by the people.

⁷ All who see me mock me; they hurl insults, shaking their heads: ⁸ "He trusts in the LORD; let the LORD rescue him. Let him deliver him, since he delights in him."

The biblical approach to contempt is 180 degrees

God =#1—>

I am an agent of sin—>

Repent (humility)—>

Mercy—>

Weakness, thus free to be...—>

Compelled to bless others

Humility: the de-fanging of contempt

Luke 18:10 (RSV) "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week, I give tithes of all that I get.'

Luke 18:13 But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!'

*Luke 18:14 I tell you, this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who **humbles himself** will be exalted."*

Humility and the gospel in Micah

Micah 7:7 (RSV) But as for me, I will look to the LORD, I will wait for the God of my salvation; my God will hear me.

*Micah 7:8 Rejoice not over me, O my enemy; when I fall, I shall rise; **when I sit in darkness, the LORD will be a light to me.***

*Micah 7:9 I will bear the indignation of the LORD because **I have sinned** against him, **until he pleads my cause** and executes judgment **for me.** **He will bring me forth to the light; I shall behold his deliverance.***

Micah 7:10 Then my enemy will see, and shame will cover her who said to me, "Where is the LORD your God?" My eyes will gloat over her; now she will be trodden down like the mire of the streets.

Mercy: The cracking of contempt

Luke 18:10 (RSV) "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood and prayed thus with himself, 'God, I thank thee that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. ¹² I fast twice a week, I give tithes of all that I get.'

*Luke 18:13 But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, **be merciful to me a sinner!***

Embracing weakness (the removal of self-protection)

*2 Corinthians 12:9 (RSV) ...but he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me. ¹⁰ For the sake of Christ, then, I am **content** with*
