

Lingering

with God

## Stress in America 2025's significant stressors

% who rate as a significant source of stress



\*for those employed



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% who rate as a significant source of stress



Future of the nation

76%



Economy

75%



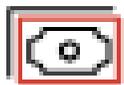
Work\*

69%



Spread of misinformation

69%



Money

66%





U.S. politics

65%



Housing costs

65%



Mass shootings

65%



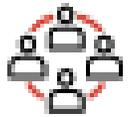
Social  
divisiveness  
in the nation

62%



Rise of AI

57%



Relationships

48%

\*for those employed

**God is our refuge and strength,  
an ever-present help in trouble.  
Therefore we will not fear, though the earth give  
way...**

**The Lord Almighty is with us...  
He says, “Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”**

**Psalm 46**

# Lessons in Lingerin*g*

1. Allows time to delight in God
2. Helps us put things in perspective
3. Transforms our lives

NEW YORK TIMES BESTSELLER

# Four Thousand Weeks

"Provocative and  
appealing . . . Well worth  
your extremely limited time."  
—The Wall Street Journal

# Time Management for Mortals

Oliver  
Burkeman



Picador

It's useful to begin this last stage of our journey with a blunt but unexpectedly liberating truth: that what you do with your life doesn't matter all that much—and when it comes to how you're using your finite time, the universe absolutely could not care less.

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**If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.**

**2 Chronicles 7:14**

**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**

**John 14:27**

**Whoever dwells in the shelter of the Most High  
will rest in the shadow of the Almighty**

**“Because he loves me,” says the Lord, “I will rescue  
him;**

**I will protect him, for he acknowledges my name.**

**He will call on me, and I will answer him;**

**I will be with him in trouble,**

**I will deliver him and honor him.**

**With long life I will satisfy him  
and show him my salvation.”**

**Psalm 91:1, 14-16**

Take a few moments to unpack and envision this idea for yourself:

*When I can't change the world, I can sit in the gaze of God's love. From there I can rise to take my best, most faithful, hopeful and loving stand in our broken world.*

What does it feel like to sit in the gaze of God's love?

What do you think your best, most faithful stand in our broken world could look like?



# LINGERING

- to remain or stay on in a place longer than is usual or expected, as if from reluctance to leave, (to tarry)
- to dwell in contemplation, thought, or enjoyment

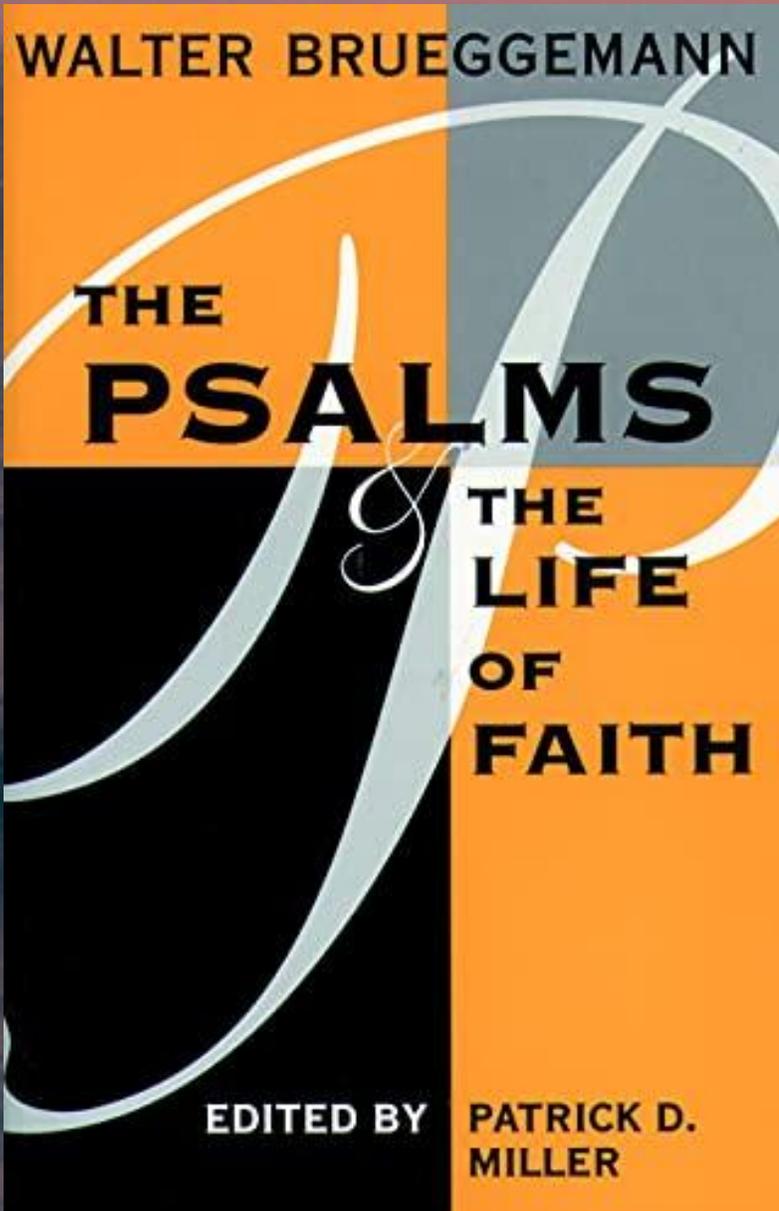




Lingering

with God

In Lament



Lament occurs when the dysfunction reaches an unacceptable level, when the injustice is intolerable and change is insisted upon.

**My God, my God, why have you forsaken me?**

**Why are you so far from saving me,  
so far from my cries of anguish?**

**My God, I cry out by day, but you do not answer,  
by night, but I find no rest.**

**Yet you are enthroned as the Holy One;  
you are the one Israel praises.**

**In you our ancestors put their trust;  
they trusted and you delivered them.**

**To you they cried out and were saved;  
in you they trusted and were not put to shame.**

**But I am a worm and not a man,  
scorned by everyone, despised by the people.  
All who see me mock me;  
they hurl insults, shaking their heads.  
“He trusts in the LORD,” they say,  
“let the LORD rescue him.  
Let him deliver him,  
since he delights in him.”**

**Yet you brought me out of the womb;  
you made me trust in you, even at my mother's  
breast.**

**From birth I was cast on you;  
from my mother's womb you have been my God.**

**Do not be far from me,  
for trouble is near  
and there is no one to help.**

**Deliver me from the sword,  
my precious life from the power of the dogs.  
Rescue me from the mouth of the lions;  
save me from the horns of the wild oxen.**

**I will declare your name to my people;  
in the assembly I will praise you.**

**Psalm 22**

**From you comes the theme of my praise in the great assembly;**

**before those who fear you I will fulfill my vows.**

**The poor will eat and be satisfied;**

**those who seek the LORD will praise him—  
may your hearts live forever!**

**All the ends of the earth**

**will remember and turn to the LORD,  
and all the families of the nations  
will bow down before him,**

**for dominion belongs to the LORD  
and he rules over the nations.**

**All the rich of the earth will feast and worship;  
all who go down to the dust will kneel before  
him—**

**those who cannot keep themselves alive.**

**Posterity will serve him;**

**future generations will be told about the Lord.**

**They will proclaim his righteousness,**

**declaring to a people yet unborn:**

**He has done it!**

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# IMPRECATE

To invoke evil on or curse

**Appoint someone evil to oppose my enemy;  
let an accuser stand at his right hand.**

**When he is tried, let him be found guilty,  
and may his prayers condemn him.**

**May his days be few;  
may another take his place of leadership.**

**May his children be fatherless  
and his wife a widow.**

**May his children be wandering beggars;  
may they be driven from their ruined homes.**

**Psalm 109:6-15**

**May a creditor seize all he has;  
may strangers plunder the fruits of his labor.  
May no one extend kindness to him  
or take pity on his fatherless children.  
May his descendants be cut off,  
their names blotted out from the next generation.  
May the iniquity of his fathers be remembered  
before the Lord;  
may the sin of his mother never be blotted out.  
May their sins always remain before the Lord,  
that he may blot out their name from the earth.**

**Psalm 109:6-15**

**Help, Lord, for no one is faithful anymore;  
those who are loyal have vanished from the  
human race.**

**Everyone lies to their neighbor;  
they flatter with their lips  
but harbor deception in their hearts.**

**May the Lord silence all flattering lips  
and every boastful tongue—**

**those who say,**

**“By our tongues we will prevail;**

**our own lips will defend us—who is lord over us?”**

**“Because the poor are plundered and the needy  
groan,**

**I will now arise,” says the Lord.**

**“I will protect them from those who malign them.”**

**And the words of the Lord are flawless,**

**like silver purified in a crucible,**

**like gold refined seven times.**

**Psalm 12**

**For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.**

**Psalm 1:6**

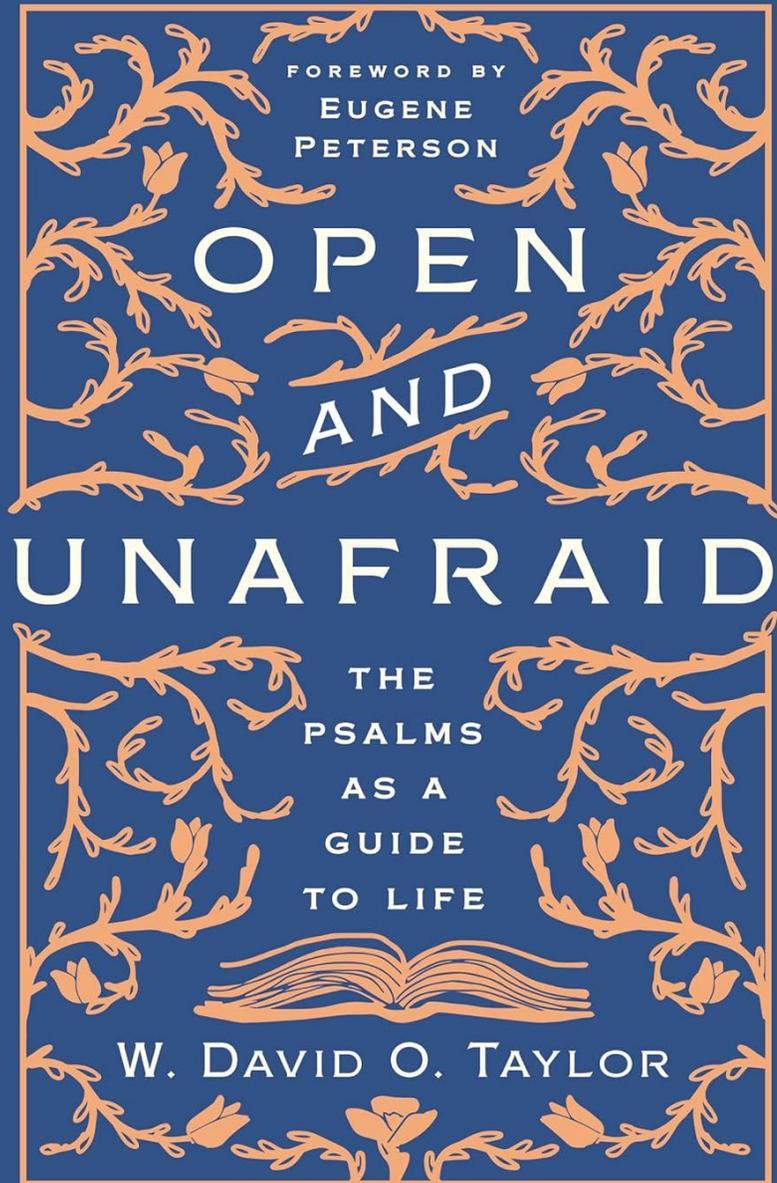
**For the Lord watches over the way of the righteous,  
but the way of the wicked leads to destruction.**

**Psalm 1:6**

**The Lord sustains the humble  
but casts the wicked to the ground.**

**Psalm 147:6**

**You, Lord, will keep the needy safe  
and will protect us forever from the wicked,  
who freely strut about  
when what is vile is honored by the human race.**



We trust instead that God has given us the angry psalms to help us feel angry without being undone by our anger. We trust that God has given us these psalms to rescue us from the desire to do violence to others. And we trust that God has given us these psalms to heal and unite us, and to show us the possibility of a faithful anger.

**“But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.”**

**Luke 6:27-28**

**Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good.**

**Romans 12:17-21**

**How long, Lord? Will you be angry forever?  
How long will your jealousy burn like fire?  
Pour out your wrath on the nations  
that do not acknowledge you,  
on the kingdoms  
that do not call on your name;  
for they have devoured Jacob  
and devastated his homeland.  
Do not hold against us the sins of past generations;  
may your mercy come quickly to meet us,  
for we are in desperate need.**

**Psalm 79:5-8**

**If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.**

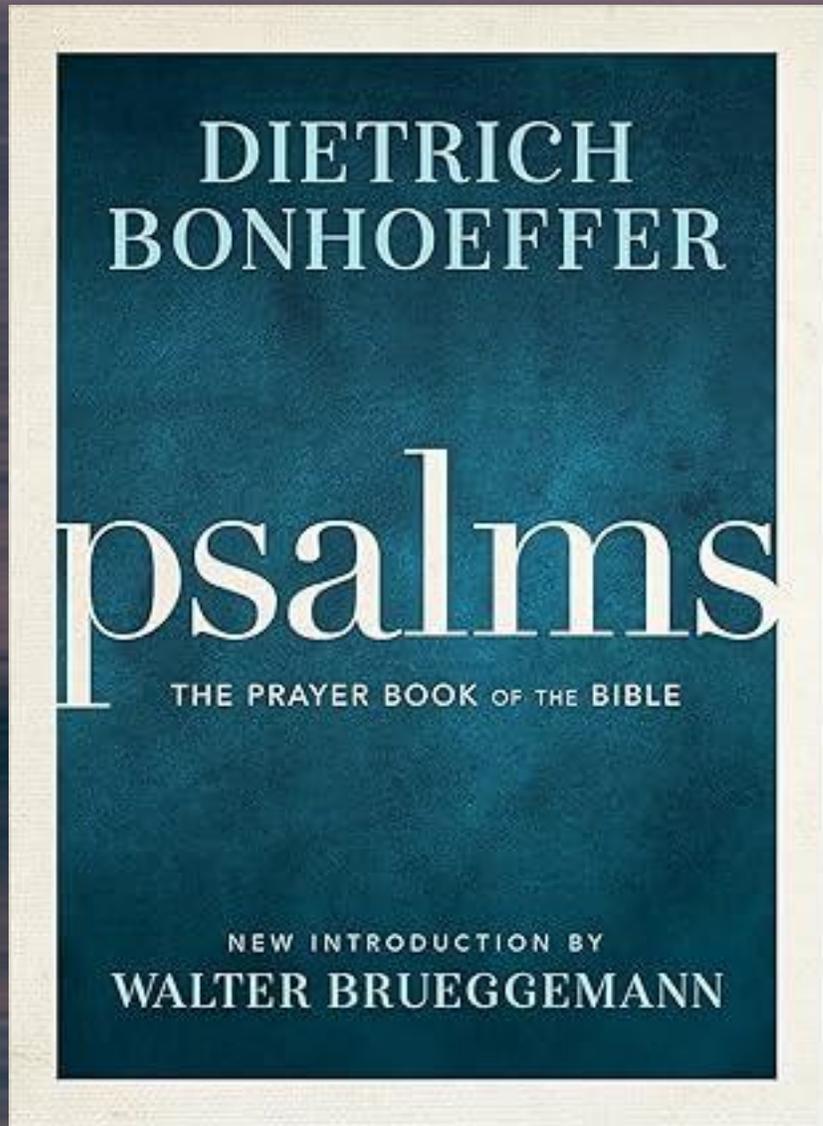
**2 Chronicles 7:14**

**For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.**

**John 3:16-18**

**“Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as it is in heaven.**

**Matthew 6:10-11**



The imprecatory psalm leads to the cross of Jesus and to the love of God which forgives enemies. I cannot forgive the enemies of God out of my own resources. Only the crucified Christ can do that, and I through him. Thus the carrying out of vengeance becomes grace for all men in Jesus Christ.