



UPROOTED

Nostalgic | Homesick | Displaced



Nostalgia

nostos (homecoming) | álgos (pain)

- Coined by 17th century Johannes Hofer.
- Observed in Swiss mercenaries.
 - Fatigue, insomnia, irregular heartbeat, fainting, high fever, indigestion, stomach pain, and death.
 - Suggested damage to brain and ear drums by constant noise of cow bells.



Nostalgia

a painful pleasure of remembering good times

(never going there)

neglecting the past

Don't wreck your life by

living in the past

(never living here)



Psalms 137:1-9

1 By the waters of Babylon, there we sat down and wept, when we remembered Zion.

2 On the willows there we hung up our lyres.

3 For there our captors required of us songs, and our tormentors, mirth, saying, "Sing us one of the songs of Zion!"

4 How shall we sing the LORD's song in a foreign land?

5 If I forget you, O Jerusalem, let my right hand forget its skill!

6 Let my tongue stick to the roof of my mouth, if I do not remember you, if I do not set Jerusalem above my highest joy!

Psalms 137:1-9

7 Remember, O LORD, against the Edomites the day of Jerusalem, how they said, "Lay it bare, lay it bare, down to its foundations!"

8 O daughter of Babylon, doomed to be destroyed, blessed shall he be who repays you with what you have done to us!

9 Blessed shall he be who takes your little ones and dashes them against the rock!

Jeremiah 29:4-7

4 "Thus says the LORD of hosts, the God of Israel, to all the exiles whom I have sent into exile from Jerusalem to Babylon:

5 Build houses and live in them; plant gardens and eat their produce. 6 Take wives and have sons and daughters; take wives for your sons, and give your daughters in marriage, that they may bear sons and daughters; multiply there, and do not decrease.

7 But seek the welfare of the city where I have sent you into exile, and pray to the LORD on its behalf, for in its welfare you will find your welfare.

How do I deal with feeling Uprooted?

Thanks | Grieve | Praise | Hope

¹ Give thanks to the LORD, for he is good.

His love endures forever.

¹¹ to him who brought Israel out from among Egypt

His love endures forever.

¹³ to him who divided the Red Sea

His love endures forever.

¹⁴ to him who lead his people through the wilderness...



Psalm 136

How do I deal with feeling Uprooted?

Thanks | Grieve | Praise | Hope

- Pay attention to your soul.
- Grieve, lament your loss.
- Pour out your emotions in prayer (eg Psalm 42, 43).
- Forgive well; let go of bitterness and wrath.



How do I deal with feeling Uprooted?

Thanks | Grieve | Praise | Hope

Ecclesiastes 3:1, 11

¹ There is a time for everything,
and a season for every activity under the heavens.

¹¹ He has made everything beautiful in its time.
He has also set eternity in the human heart.



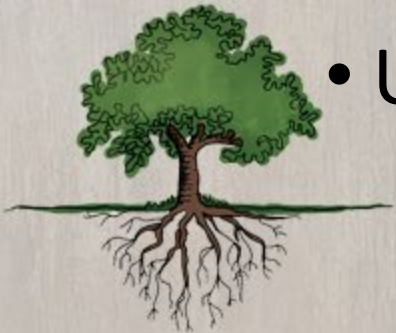
How do I deal with feeling Uprooted?

Thanks | Grieve | Praise | Hope

- In this God is working all things for your good (Rom. 8:28).

Naomi | Joseph | Daniel | Esther | Nehemiah

- The best glory is yet to come (Hag. 2:9).
- God has great plans for us (Jer. 29:11).
- God always leads us in victory (2 Cor. 2:14).
- Until all things are renewed and restored (2 Pet. 3:13).



Psalms 90:1-4

A Prayer of Moses, the man of God.

1 Lord, you have been our dwelling place in all generations.

2 Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

3 You return man to dust and say, "Return, O children of man!"

4 For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.

How do I deal with feeling Uprooted?

Thanks | Grieve | Praise | Hope

Psalm 68:5-6

A father to the fatherless,

a defender of widows,

is God in His holy dwelling.

God sets the lonely in families.

