

“Do you ever have one of those moments ... like ... if you could just freeze it?
It’s so beautiful.”

If you could freeze a moment from your life, what moment would that be?

“I look up and I notice clouds. And then it starts to rain.
It always rains, doesn’t it?”
“When the rains come. It’s not like they might.
They do. It rains in our lives ... a lot.”

What are some of the storms in your life? Is it raining now?
Do you think God intentionally puts us through trials?
Isn’t there an easier way for us to learn?

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the streams rose, and the winds blew and beat against that house, and it fell with a great crash.

[Matthew 7:24-27 \(NIV\)](#)

“God says these amazing things like, ‘When you cry out to me, I listen.’
He even says, ‘I cannot ignore the cries of someone who is afflicted.’”

Have you ever felt like God failed to come through for you?
Looking back, do you still feel the same?

“The Psalms speak over and over again about crying.
About crying out to God.”

Is anyone crying for help? God is listening, ready to rescue you.

[Psalm 34:17 \(MSG\)](#)

Evening, morning, and noon, I cry out in distress, and he hears my voice.

[Psalm 55:17 \(NIV\)](#)

For he will rescue the poor who cry out and the afflicted who have no helper.

[Psalm 72:12 \(HCSB\)](#)

I long and yearn for the courts of the LORD; my heart and flesh cry out for the living God.

[Psalm 84:2 \(HCSB\)](#)

O LORD, the God who saves me, day and night I cry out before you.

[Psalm 88:1 \(NIV\)](#)

“There’s this false, twisted idea out there among religious people that somehow you’ve got to have it all together to have a relationship with God.”

Do you ever act like everything is okay even when it isn’t?
Why do we do this?

“God says to us, ‘When you come to me, come to me with all your junk, with all your problems, come to me all screwed up, all messed up. Let me take care of it.’”

What does your junk look like?
Is it stopping you from crying out to God?

I am caught in a maze and I cannot find my way out, blinded by tears of pain and frustration.

King David in [Psalm 88:8 \(MSG\)](#)

“It’s all he knows. He sees no reality beyond the storm.
What he doesn’t realize is that, as his dad, I would do anything to get him home.”

Do you have anyone in your life who you would do anything for?
Do you think that’s how God feels about you?

“Rain come down,
come and heal these sores,
wash them clean,
come and heal my soul.”

“I stop. I kneel down, and take him out of the pack.
I pull him close to my chest, and I wrap my arms around him.
I hold him so tightly up against my heart.
And for the last mile of our walk, the entire time, I bend over and whisper into his ear, over and over again,
‘I love you, buddy. We’re gonna make it. Dad knows the way.’”

When you’re going through really hard times and everything seems hopeless,
do you still trust that God knows the way and that you’re going to make it?

There you saw how the LORD your God carried you, as a father carries his son,
all the way you went until you reached this place.

[Deuteronomy 1:31 \(NIV\)](#)

“May you, when you’re soaking wet, lost, hurting, and confused,
may you cry out and may the creator of the universe take you out of your pack,
may he hold you tight up against his chest, may he wrap his eternal loving arms around you,
and may you hear him whisper ...

I love you buddy.
We’re going to make it.
Dad knows the way home.
We’re gonna make it.
I love you.”

The filming of Rain, the first **NOOMA**, began on September 11, 2001,
the same day as the World Trade Center attacks in New York City.

NOOMA

We can get anything we want, from anywhere in the world, whenever we want it.
That's how it is and that's how we want it to be.
Still, our lives aren't any different than other generations before us. Our time is.
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NOOMA Rain I 001 Rob Bell

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