

I have a friend who...keeps getting pounded by troubles
June 6 & 7, 2009

We are filled with fear, for we are trapped, devastated, and ruined. Tears stream from my eyes because of the destruction of my people. My tears flow endlessly, they will not stop....

Lamentations chapter 3 verses 47 - 49 (624)

I have cried until the tears no longer come, my heart is broken. My spirit is poured out in agony.... *Lamentations chapter 2 verse 11 (623)*

Focus Your Attention On God

It is good to wait quietly for salvation from the Lord. ...Let them sit alone in silence beneath the Lord's demands. Let them lie face down in the dust, for there may be hope at last.

Lamentations chapter 3 verses 26, 28 & 29 (624)

- God wants to talk to you more than you want to listen
- Read a psalm & ask God what He wants to teach you through it
- Try sitting in silence & asking God what He wants to say to you
- ***When you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.***

Matthew chapter 6 verse 6 (737)

Ask God To Remove Your Fears

I called on Your name, Lord, from deep within the pit. You heard me when I cried, "Listen to my pleading! Hear my cry for help!" Yes, You came when I called; You told me, "Do not fear." Lamentations chapter 3 verses 55 - 57 (624)

Dealing with my fears...

- Get to know the Bible better - ***Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."***

John chapter 8 verses 31 & 32 (817)

- Get to know God better - ***As we live in God, our love grows more perfect...such love has no fear, because perfect love expels all fear.***

1 John chapter 4 verses 17 & 18 (943)

(over)

Believe God Will Restore You

Restore us, O Lord, and bring us back to You again! Give us back the joys we once had!

Lamentations chapter 5 verse 21 (626)

I am confident I will see the Lord's goodness while I am here in the land of the living.

Psalm 27 verse 13 (425)

When getting pounded by troubles, **DON'T**...

- “stuff” your feelings
- isolate yourself
- sink into resentment

When getting pounded by troubles, **DO**...

- Accept what cannot be changed - acceptance is the key to peace
- Focus on what's left NOT lost - gratitude destroys depression

Remember What Never Changes

God is still in control

- ***Our hearts are sick and weary, and our eyes grow dim with tears. But Lord, You remain the same forever! Your throne continues from generation to generation.***

Lamentations chapter 5 verses 17 & 19 (624)

God still loves me

- ***I will never forget this awful time.... Yet I still dare to hope when I remember this: The faithful love of the Lord never ends! His mercies never cease. Great is His faithfulness; His mercies begin afresh each morning.***

Lamentations chapter 3 verses 20 - 23 (624)

God is enough

- ***I say to myself, “The Lord is my inheritance; therefore, I will hope in Him!”***

Lamentations chapter 3 verse 24 (624)

Next weekend: I have a friend who...is stuck in a mediocre marriage

*Some information in this talk was taken from a talk given by Rick Warren,
Lead pastor of Saddleback Church in California. Rick is the best-selling author
of The Purpose Driven Life & Saddleback is a dynamic church that
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