

THEME VERSES~~PSALM 61:1-4

- **Hear my cry, O God;**
- **Attend to my prayer.**
- **From the end of the earth I will cry to you,**
 - **When my heart is overwhelmed;**
 - **Lead me to the rock that is higher than I.**
 - **For you have been a shelter for me,**
 - **A strong tower from the enemy.**
- I will abide in Your tabernacle forever,
- I will trust in the shelter of your wings.

THEME QUOTE

By Dr. Martin Lloyd-Jones

“Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?”

NAME & TOPIC LESSON #4~GOALS

- To increase understanding of God's mercy, compassion, and comfort.
- To identify God-given sources of comfort and ways they are often abandoned in times of struggle.
- To increase desire to go to God for help and comfort, especially when times are difficult
- To understand the essential work of praise even in the worst of times.
- To increase the desire to praise God at all times.

In The Worst of Times

CHOOSE

Righteous/Godly response

To:

Pray

Meditate on His works

Ask to be revived

See self as servant

To remember

To bless Him

To be comforted

To offer praise

Lament, instead of anger

Lament, instead of prayer

lessness

To sing

REMEMBER

God's sovereign rule/control

God's Character/ attributes

God's mercies and mercy

God as Father———Discipline, Pity, inheritance, love, etc.

God's Wings———Safety, security, refuge, care, etc.

God as Dwelling Place ———Presence, sense of belonging, etc.

EXPECT

Growth in Faith

Greater understanding/ knowledge of God

Sinful heart attitudes revealed

Provision:

Answered prayer

Direction

Shelter

Teaching/leading

DURING THE WORST (& BEST) OF TIMES

- Remember God's sovereign rule/control
- Remember God's Character/attributes
- Keep eyes off of self and on God
 - *Read Job. *Read/Study Psalms
- Remember:
 - *God's mercies and mercy. *God's "wings"
 - *God as Father *God as a dwelling place
- Choose/Consider/Learn how to respond to God as He reveals Himself to you in Scripture.
- Choose to *Praise. *Sing. ——-With lament when needed
 - *Pray. *Give thanks. ——-Use the names of God
- Be encouraged by the praise, words, and lives of other believers.