

FINDING THE STRENGTH IN THE MIDST OF THE STORM

Finding our Way back to Jesus (Part 4 of 5)

Lamentations 3:19-40, Matthew 6:5-15

"We have suffered terror and pitfalls, ruin and destruction. Streams of tears flow from my eyes because of the destruction of my people!" Lam. 3:47-48 (NLT)

HOW TO FIND THE STRENGTH TO GO ON: What Jeremiah did (from Lamentations)?

1. FOCUS YOUR _____

"When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions. Wait for hope to appear." Lam. 3:28-29 (Mes)

Jesus: "Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace." Matt. 6:6 (Mes)

2. ASK GOD TO _____

"From the bottom of the pit, I cried out to You, O Lord. And when I begged You to listen to my cry, You heard. And You answered me and told me not to be afraid." Lam. 3:55-57 (GN)

"I prayed to the Lord, and He answered me, freeing me from all my fears." Ps. 34:4 (NLT)

Three Antidotes to fear:

- I. The _____ will set you free
- II. Fill your life with _____
- III. To reduced fear in your life is _____

3. BELIEVE GOD _____

"Restore us, O Lord, and bring us back to You again! Give us back the joys we once had!" Lam. 5:21

"I would have despaired unless I had believed that I'd see the goodness of the Lord in the land of the living." Ps 27:13 (NAS)

There are two things you should always do whenever you face a tragedy:

- I. _____ what cannot be changed.
- II. _____ on what's left not what's lost.

"The Lord is good to everyone who trusts in Him. So it is best for us to wait in patience—to wait for Him to save us." Lam. 3:25-26 (TEV)