

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?”

FOUNDATION LESSON #2~GOALS

- To know and understand the promises of God to His people.
- To embrace our God-given responsibilities in times of distress.
- To resolve to wait on the Lord with patience and hope.
- To increase hope by seeing that we are not alone in feelings of despair—godly people throughout history have experienced times of depression

When God Says "WAIT"

Precious Promises

The Lord is Good

Revealed Responsibilities

Reason with yourself
Recall God's: character & ability
Wait/Seek/Hope
Cry out
Focus on
God/Remember/Recall
See God's Faithfulness
Give Thanks
Hate Every False Way

Expect Better Days
Desire to Know Him
Desire to Remember Him

Design for Deliverance

His Word Which Brings:
Healing
Deliverance
Life