

# 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.

# When the Soul is in Distress

## Remember

- The Scriptures give hope.
- Old Testament examples give hope.
- God's past faithfulness
- God's works/wonders/deeds/strengths/redemption
- God's attributes
- God's thoughts
- God is your: Rock, Shelter, Strong Tower
- God: will not leave you, keeps you, is near, fills heaven and earth, is with us always
- Hope is in God.

## Respond

- Study God's Word!
- Question self
- Reason with Self
- Express hope in God
- Tell self what to think/expect
- With Worship: obedience, praise, trust, Prayer!!
- Ask God for help
- Get help from the strong
- Study the OT
- Pursue Christ

## Refuse

- To doubt without remembering
- To be forgetful of God or His Word
- To be passive-actively respond!
- To focus on self.
- To live by sight

# When God Says “WAIT”

## Precious Promises

The Lord is Good  
Power for the weak  
Renewed strength  
Plans for good  
Way of escape  
Deliverance

## 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  
Lift Up Your Eyes!  
See yourself as servant, not master  
Humbly wait “until”

## Design for Deliverance

His Word Which Brings:  
Healing  
Deliverance  
Life  
Discipleship  
Praise/glory to God  
Topic of Conversation  
Evangelism

## FOUNDATION LESSON #3~GOALS

- To realize the essential work of God's Word in effective and lasting life-change.
- To increase desire for the Word.
- To examine the genuineness of one's own salvation.
- To begin and/or continue the process of heart evaluation regarding obedience to God's commands.
- To gain a greater understanding of the importance of ongoing heart evaluation and confession of sin.
- To recognize that unconfessed sin can have physical effects.
- To gain insight into the connection between a Word-filled life and a Spirit-filled life.

# IN TRIALS, ADVERSITY, AND SUFFERING

## WHAT GOD'S WORD DOES

- Effectively works in Believers

Transforms us into the image of God.  
By the power of the Spirit

## WHAT GOD'S WORD REVEALS

- Effects/depths of man's sin
- The one way of salvation.
- The importance of heart evaluation:
  - Truly saved?
  - In fellowship?

Effects of unconfessed sin.  
Gods forgiveness.  
How Joy is restored.

What Gods Word does.