

# Finding the Strength to Go On



## Reconnecting with God when Troubles Hit

- 01:** Focus your \_\_\_\_\_ on God.
- 02:** Ask God to \_\_\_\_\_ your fears.
- 03:** Believe God will \_\_\_\_\_ you.
- 04:** Remember what \_\_\_\_\_ changes.



## Reconnecting with God when Troubles Hit

**01:** Focus your **attention** on God.

**02:** Ask God to \_\_\_\_\_ your fears.


**03:** Believe God will \_\_\_\_\_ you.

**04:** Remember what \_\_\_\_\_ changes.



**47-48** We've been to hell and back.  
We've nowhere to turn, nowhere to  
go. Rivers of tears pour from my eyes  
at the smashup of my dear people.

**LAMENTATIONS 3:47-48**  
**THE MESSAGE**



**6** Here's what I want you to do:  
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.

**MATTHEW 6:6**  
**THE MESSAGE**



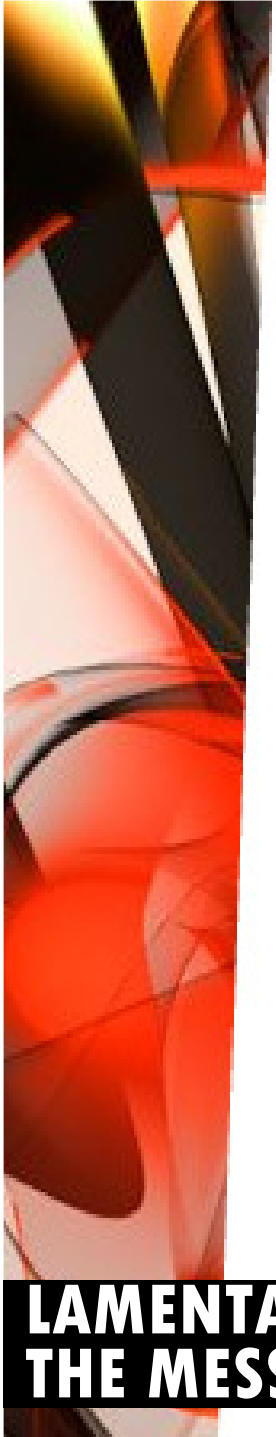
## Reconnecting with God when Troubles Hit

**01:** Focus your **attention** on God.

**02:** Ask God to **remove** your fears.

**03:** Believe God will \_\_\_\_\_ you.

**04:** Remember what \_\_\_\_\_ changes.



**55** From the bottom of the pit,  
I prayed to you, LORD. **56** I begged  
you to listen. "Help!" I shouted.  
"Save me!" You answered my  
prayer **57** and came when I was in  
need. You told me, "Don't worry!"

**LAMENTATIONS 3:55-57**  
**THE MESSAGE**



Everyone in this room has **Hidden Fears** – We mostly **Fake it** – Bible provides 3 antidotes to fear...

(01) \_\_\_\_\_

(02) \_\_\_\_\_

(03) \_\_\_\_\_



Everyone in this room has **Hidden Fears** – We mostly **Fake it** – Bible provides 3 antidotes to fear...

(01) **Truth**

(02) \_\_\_\_\_

(03) \_\_\_\_\_



**If the Son Sets You Free**  
**32** Then you will experience  
for yourselves the truth, and  
the truth will free you."

**JOHN 8:32**  
**THE MESSAGE**




Everyone in this room has **Hidden Fears** – We mostly **Fake it** – Bible provides 3 antidotes to fear...

(01) **Truth**

(02) **Love**

(03) \_\_\_\_\_



**18** There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].

**1 JOHN 4:18**  
**AMPLIFIED BIBLE**



Everyone in this room has **Hidden Fears** – We mostly **Fake it** – Bible provides 3 antidotes to fear...

(01) **Truth**

(02) **Love**

(03) **Faith**



7 Let him rule in the presence  
of God forever. Protect him  
with your love and truth.

**PSALM 61:7**  
**NEW CENTURY VERSION**



## Reconnecting with God when Troubles Hit

- 01: Focus your attention on God.
- 02: Ask God to remove your fears.
- 03: Believe God will restore you.
- 04: Remember what \_\_\_\_\_ changes.



**21** Bring us back to you!  
Give us a fresh start.

**LAMENTATIONS 5:21**  
**CONTEMPORARY ENGLISH VERSION**



## 3 things NOT to do when troubles hit...

- (01) Don't \_\_\_\_\_ your grief.
- (02) Don't \_\_\_\_\_ your life.
- (03) Don't \_\_\_\_\_ into resentment.



## 3 things NOT to do when troubles hit...

(01) Don't **repress** your grief.

(02) Don't \_\_\_\_\_ your life.

(03) Don't \_\_\_\_\_ into resentment.



## 3 things NOT to do when troubles hit...

- (01) Don't repress your grief.
- (02) Don't resign your life.
- (03) Don't \_\_\_\_\_ into resentment.



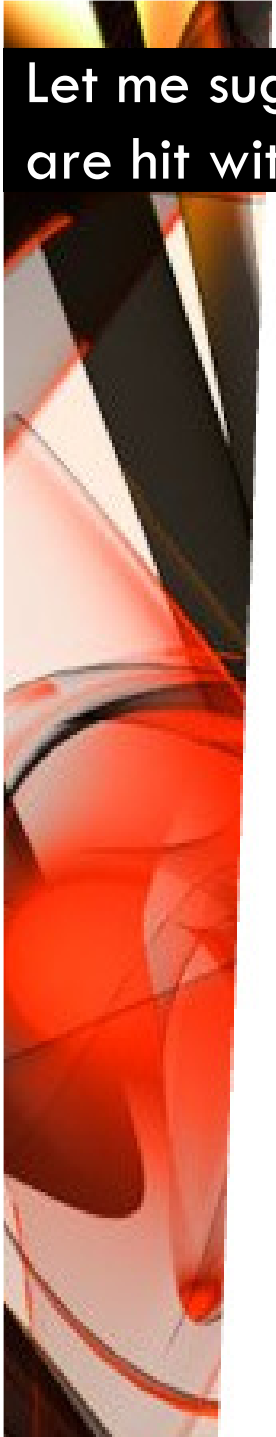
## 3 things NOT to do when troubles hit...

- (01) Don't repress your grief.
- (02) Don't resign your life.
- (03) Don't retreat into resentment.



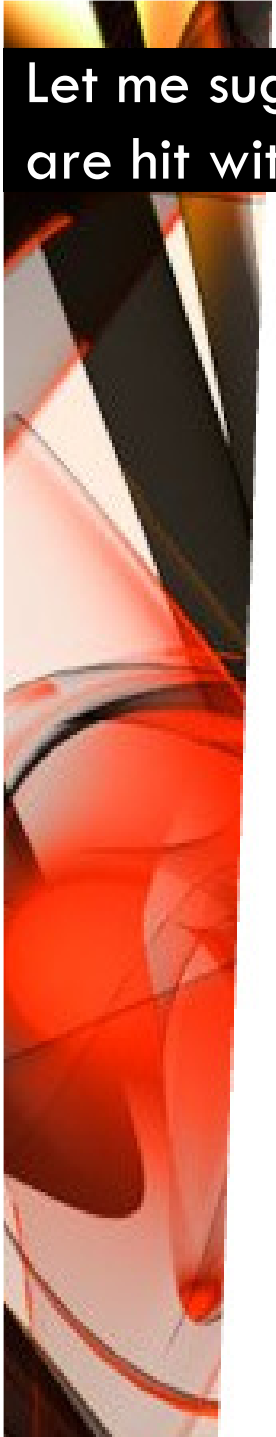
Let me suggest 2 things to do when you  
are hit with a **Troubling Situation...**

- (01) \_\_\_\_\_ what cannot be changed.
- (02) \_\_\_\_\_ on what's left not what's lost.



Let me suggest 2 things to do when you  
are hit with a **Troubling Situation...**

- (01) **Accept** what cannot be changed.
- (02) \_\_\_\_\_ on what's left not what's lost.



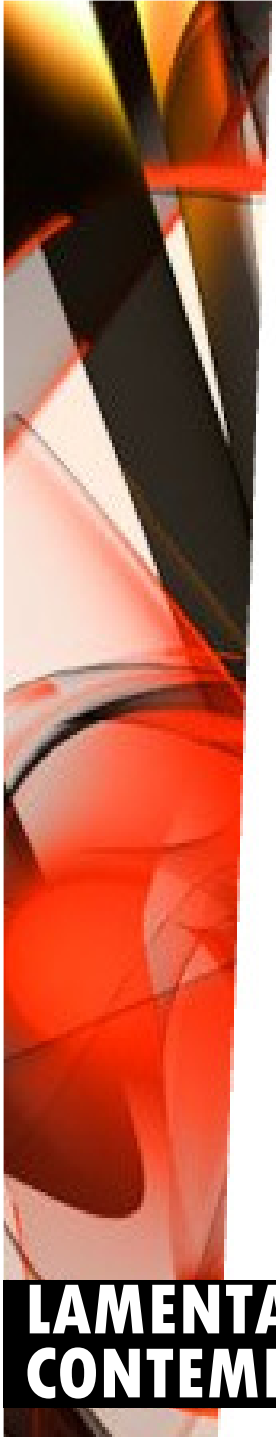
Let me suggest 2 things to do when you  
are hit with a **Troubling Situation...**

- (01) **Accept** what cannot be changed.
- (02) **Focus** on what's left not what's lost.



## Reconnecting with God when Troubles Hit

- 01: Focus your attention on God.
- 02: Ask God to remove your fears.
- 03: Believe God will restore you.
- 04: Remember what never changes.



**17** We feel sick all over and can't even see straight; **18** our city is in ruins, overrun by wild dogs. **19** You will rule forever, LORD! You are King for all time.

**LAMENTATIONS 5:17-19**  
**CONTEMPORARY ENGLISH VERSION**



No matter what has **Happened** –  
There's 3 things that **NEVER CHANGES...**

**(01)** God is still in \_\_\_\_\_.

**(02)** God still loves \_\_\_\_\_.

**(03)** God is all you \_\_\_\_\_.



No matter what has **Happened** –  
There's 3 things that **NEVER CHANGES...**

(01) God is still in **control**.

(02) God still loves \_\_\_\_\_.

(03) God is all you \_\_\_\_\_.



No matter what has **Happened** –  
There's 3 things that NEVER CHANGES...

(01) God is still in **control**.

(02) God still loves **you**.

(03) God is all you \_\_\_\_\_.




No matter what has **Happened** –  
There's 3 things that **NEVER CHANGES...**

(01) God is still in **control**.

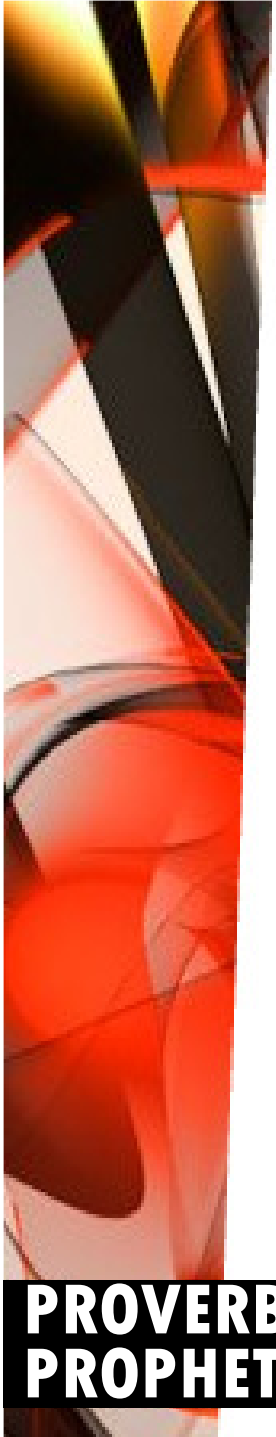
(02) God still loves **you**.

(03) God is all you **need**.



**13** If you don't confess your sins, you will not prosper (*live as a failure*). But God will show mercy (*love, compassion*) to those who confess their sins. **14** Always obey the Lord and you will be happy (*blessed*). But if you are stubborn (*rebellious, witchcraft*), you will be ruined (*live a life of trouble, distress*).

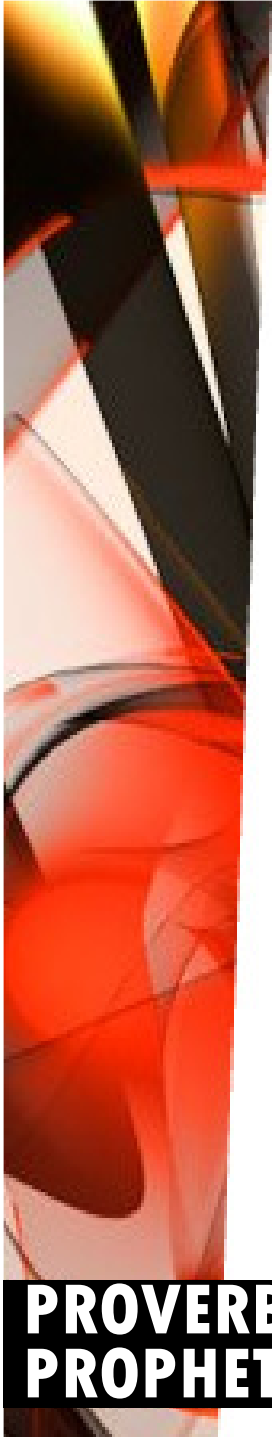
**PROVERBS 28:13-23**  
**PROPHETIC WORD**



**15** A leader (*those in authority*) who mistreats the poor (*helpless*) is like a roaring lion (*strikes fear in hearts*) or a charging bear.

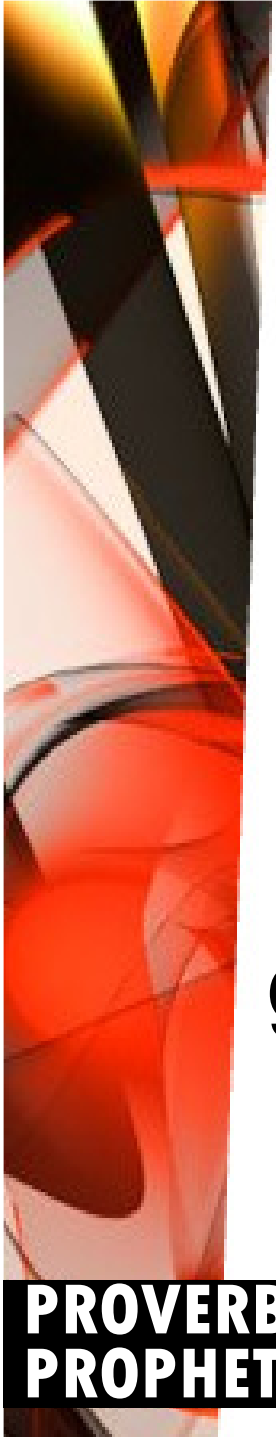
**16** A leader without understanding (*thoughtful reasoning*) taxes his people heavily (*he oppresses them*), but those who hate unjust gain will live longer.

**PROVERBS 28:13-23**  
**PROPHETIC WORD**



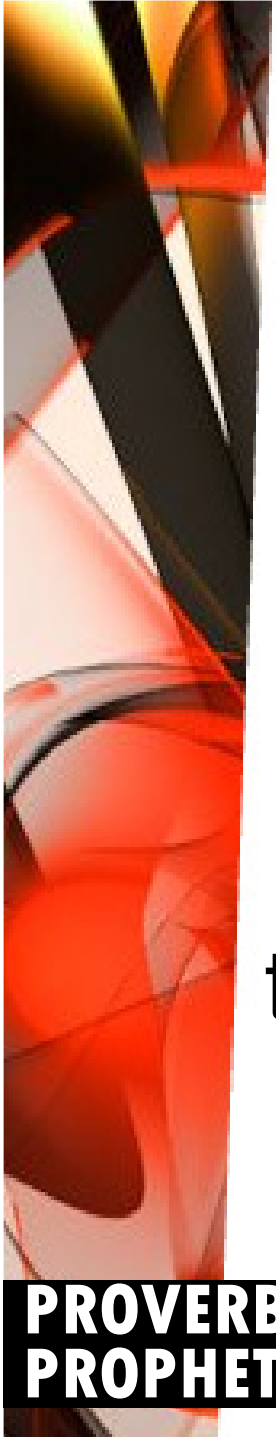
17 Do not give help to murderers  
*(those who kill with tongue  
through deceit, oppress)*! Allow  
them to stay on the run (*flee from  
them*). 18 Be honest (*full of integrity  
with words and actions*) and you  
will be safe. If you are dishonest  
*(crooked, perverse in words  
and actions)*, you will suddenly  
fall (*cast down, even may die*).

**PROVERBS 28:13-23**  
**PROPHETIC WORD**



**19** Work hard, and you will have a lot of food; waste time, and you will have a lot of trouble (*poverty, distress*). **20** God blesses His loyal people, but punishes all who want to get rich quick. **21** Show partiality is not good; because some people will turn on you even for the smallest bribe.

**PROVERBS 28:13-23**  
**PROPHETIC WORD**



**22** A stingy person (***selfish, self centered person***) is in a hurry to get rich, not realizing that poverty is about to overtake them. **23** Correct someone (***lovingly encourage***), and afterward he will appreciate it more flattery.

**PROVERBS 28:13-23**  
**PROPHETIC WORD**