



REVIEW

On Sunday we looked at how David deals with doubt and disappointment by being honest with God about his sighs, then being steadfast in his faith, stirring himself into song. We were invited to adopt this three step approach in dealing with our own doubts and disappointments.

1. Sigh of heart - circumstances can make us feel
 - a. Abandoned
 - b. Alone
 - c. Angry

It is ok to be real with God and talk to him about our sighs.

2. Stirring of faith

- a. God is a god who hears our prayers – our circumstances may change but His love for us is unchanging
- b. God has not left you nor abandoned you. He has a tight grip on our hand however bad we feel.
- c. Look up at the eternal victory Jesus won for us on the cross. Fix your eyes on Jesus and remember that our end story is one of eternal victory

3. Sing your song

- a. God is unchanging and His love is steadfast
- b. Rejoice in His salvation
- c. Reflect on how God has dealt bountifully with me.

READ

Psalms 13

REFLECT

1. What are your sighs right now? How overwhelming are they?
2. Have you spoken to God about your doubts and disappointments?
3. How can we stir our faith when the sighs seem overwhelming or sap our strength?
4. Write down or articulate the aspects of God's steadfast love or greatness that would be in your song?

RESPOND

This is a useful thought process that I can practice and am willing to try? True or false discuss.

REACH

How would you share this good news? How has your personal witness been going?

- This is the great message of Hope to the world that we can find freedom from anxiety and travail in the way we think and revel in our relationship with God.
- If we can live this out and discover this victory over and over again in our thought life we will be greatly extending our own story and credibility when we share this good news to those who don't know Jesus as their saviour.
- His victory in restoring a song right now in your life will be a great witness to those around you who are lost but still care for you.