

STORMS

HOW TO EXPERIENCE GOD WHEN LIFE HURTS

God's Help in the Midst of a Storm

Psalm 77:1-15

I cried out to God for help;

I cried out to God to hear me.

²When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.

³I remembered you, God, and I groaned;
I meditated, and my spirit grew faint.^[b]

⁴You kept my eyes from closing;
I was too troubled to speak.

⁵I thought about the former days,
the years of long ago;

⁶I remembered my songs in the night.
My heart meditated and my spirit asked:

⁷“Will the Lord reject forever?
Will he never show his favor again?

⁸Has his unfailing love vanished forever?
Has his promise failed for all time?

⁹Has God forgotten to be merciful?
Has he in anger withheld his compassion?”

- ¹⁰ Then I thought, "To this I will appeal:
the years when the Most High stretched out his right hand.
¹¹ I will remember the deeds of the LORD;
yes, I will remember your miracles of long ago.
¹² I will consider all your works
and meditate on all your mighty deeds."
¹³ Your ways, God, are holy.
What god is as great as our God?
¹⁴ You are the God who performs miracles;
you display your power among the peoples.
¹⁵ With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.

Psalm 116:1-19

- I love the LORD, for he heard my voice;
he heard my cry for mercy.
² Because he turned his ear to me,
I will call on him as long as I live.
³ The cords of death entangled me,
the anguish of the grave came over me;
I was overcome by distress and sorrow.
⁴ Then I called on the name of the LORD:
"LORD, save me!"
⁵ The LORD is gracious and righteous;
our God is full of compassion.
⁶ The LORD protects the unwary;
when I was brought low, he saved me.
⁷ Return to your rest, my soul,
for the LORD has been good to you.
⁸ For you, LORD, have delivered me from death,
my eyes from tears,
my feet from stumbling,
⁹ that I may walk before the LORD
in the land of the living.
¹⁰ I trusted in the LORD when I said,
"I am greatly afflicted";
¹¹ in my alarm I said,
"Everyone is a liar."

- ¹² What shall I return to the LORD
for all his goodness to me?
- ¹³ I will lift up the cup of salvation
and call on the name of the LORD.
- ¹⁴ I will fulfill my vows to the LORD
in the presence of all his people.
- ¹⁵ Precious in the sight of the LORD
is the death of his faithful servants.
- ¹⁶ Truly I am your servant, LORD;
I serve you just as my mother did;
you have freed me from my chains.
- ¹⁷ I will sacrifice a thank offering to you
and call on the name of the LORD.
- ¹⁸ I will fulfill my vows to the LORD
in the presence of all his people,
- ¹⁹ in the courts of the house of the LORD—
in your midst, Jerusalem.

I. Be real in the midst of a storm

II. Cry out to God for help in the midst of a storm

III. Remember what God has done and who God is in the midst of a storm

IV. Give thanks and surrender your life to the Lord for His past, present and future deliverance in the midst of a storm