# SELAH | LEVERAGING LAMENT

## **SUMMER FOCUS**

Practicing <u>Selah</u> to produce <u>life</u> in our life.

## WE GET THIS

Not all moments are created equal.

# WIN THESE

Stewarded well, awful moments can produce awesome growth.

#### **THOUGHTS MATTER**

Good <u>theology</u> is the secret sauce.

# **NOT GOOD APPROACHES**

Deny-Dwell-Demand

## LEVERAGING LAMENT

Move <u>forward</u> through focusing <u>upward</u>. Be <u>human</u>. Be <u>humble</u>. Be <u>hopeful</u>.

# **FOCUSING UPWARD**

- 1. <u>Remember</u>, it is not about <u>you</u>.
- 2. <u>Examine</u> what God is doing <u>in</u> you.
- 3. <u>Move</u> to the <u>pivot</u>.

### **SO IMPORTANT**

In your despair, move towards God, not away.