

Psalmings

in the summer

READING PLAN:
Text PSALMS to 97000

FACT

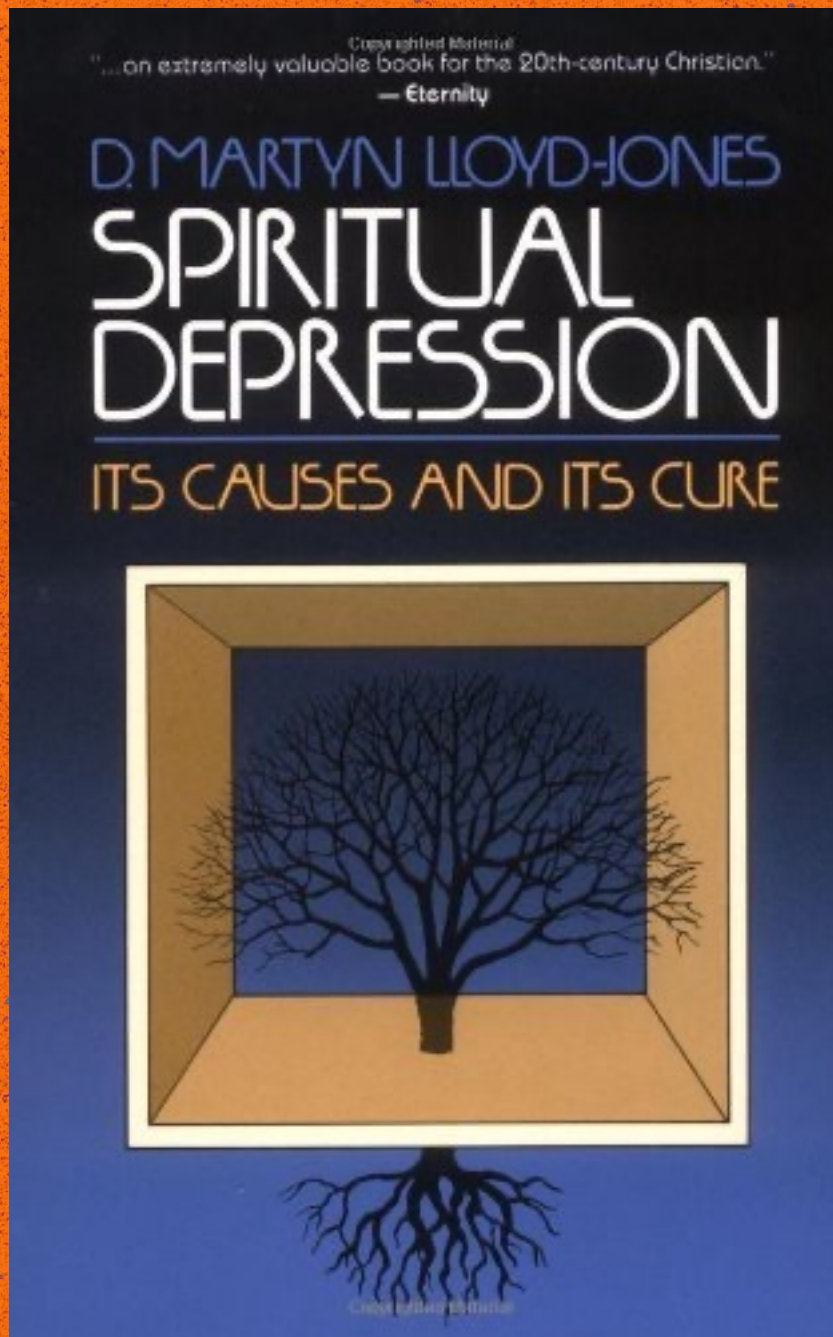
Anxiety and Depression
disorders increased among young adults
63% from 2005-2017.

FACT

90% of Americans say we are in a mental health crisis,
according to a 2022 Kaiser Foundation Survey.



Martyn Lloyd-Jones



Psalm
in the summer



SAVE THE DATE!

September 10

GRACE POINT PARTY TIME!



Psalm 10:1 (NLT)

O Lord, Why do you stand so far away?
Why do you hide when I am in trouble?



Martin Luther

“Where do you find more miserable, more wretched, more depressing words than in the Psalms of Lamentation? There you see into the heart of all the saints as into death, even as into hell. How sad and dark it is...”

“LAMENT” Psalms

3, 13, 22, 31, 35, 41, 42, 43, 44, 54, 55,
56, 61, 69, 74, 79, 86, 88, 102, 105

“LAMENT” Psalms

Seven parts of a Lamentation Psalm:

*Invocation,
Plea for Help,
Complaints,
Confession,
Imprecation,
Expression of Confidence,
Hymn*

Psalm 42:3,7

My tears have been my food day and night...

Deep calls to deep at the roar of your waterfalls; all
your breakers and your waves have gone over me.

Three Honest Practices

1) Be AUTHENTIC about your PRESENT.

WHY, WHEN, WHERE?

Where is your God? – 42:3, 10

When shall I come and appear before God? – 42:2

Why are you cast down? – 42:5, 11; 43:5

Why are you in turmoil within me? – 42:5, 11; 43:5

Why do I go on mourning? – 42:9; 43:2

Why have you forgotten me? – 42:9

Why have you rejected me? – 42:2

Psalm 22:1

My God, my God, why have you forsaken me?
Why are you so far from saving me...

John 12:27

Jesus said: Now is my **soul troubled**. And what shall I say?

Hebrews 4:15

For we do not have a high priest who is unable to **sympathize with our weaknesses**, but one who in every respect has been tempted as we are, yet without sin.

Hebrews 4:15-16

For we do not have a high priest who is unable to **sympathize with our weaknesses**, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence **draw near to the throne of grace**, that we may receive mercy and find grace to help in time of need.

Three Honest Practices

- 1) Be AUTHENTIC about your PRESENT.
- 2) Be REFLECTIVE about your PAST.

Life Principle

One of the best ways to make it through the dreadful withdrawal of the present is to remember God's faithful presence in your past.

Psalm 42:6

...and my God. My soul is cast down within me;
therefore I remember you from the land of Jordan and
of Hermon, from Mount Mizar.

Joshua 4:19-23

¹⁹ The people came up out of the Jordan on the tenth day of the first month, and they encamped at Gilgal on the east border of Jericho. ²⁰ And those twelve stones, which they took out of the Jordan, Joshua set up at Gilgal. ²¹ And he said to the people of Israel, “When your children ask their fathers in times to come, ‘What do these stones mean?’ ²² then you shall let your children know, ‘Israel passed over this Jordan on dry ground.’ ²³ For the LORD your God dried up the waters of the Jordan for you until you crossed over.”

Remember my covenant... –Leviticus 26:42

Remember the sabbath... –Exodus 20:8

Remember Jesus Christ, risen from the dead... –2 Timothy 2:8

Do this in remembrance of me... –Luke 22:19

Psalm 119: 49-50 (NLT)

Remember your promise to me; it is my only hope
Your promise revives me; it comforts me in all my troubles.

Three Honest Practices

- 1) Be AUTHENTIC about your PRESENT.
- 2) Be REFLECTIVE about your PAST.
- 3) Be HOPE-FILLED with your FUTURE.

Psalm 42:1

As the deer pants for flowing streams, so pants my soul for you, O God.

Psalm 42:5, 11; 43:5

“Hope in God.”

Psalm 23:1, 4

The Lord is my shepherd...even though I walk through the valley of the shadow of death, I will fear no evil because you are **with me**.

Psalm 46:1

God is our refuge and strength, a very **present help**
IN trouble.

Psalm 120:1

IN my distress I called to the Lord...

Psalm 69:29-30

**IN pain and distress ... I will praise God's name
in song.**

Lamentations 3:22-25

The steadfast love of the LORD never ceases; his mercies never come to an end; ²³ they are new every morning; great is your faithfulness. ²⁴ “The LORD is my portion,” says my soul, “therefore I will hope in him.” ²⁵ The LORD is good to those who wait for him, to the soul who seeks him.

Collection French Lines



MRS. ANNA SPAFFORD

Psalms
in the summer

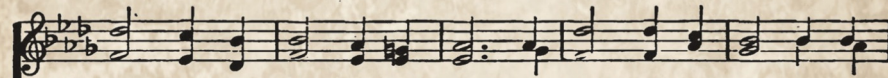
It Is Well With My Soul

H. G. SPAFFORD.

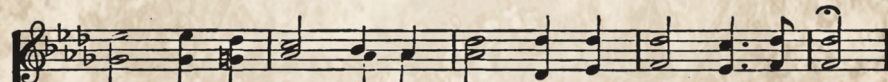

P. P. BRASS.



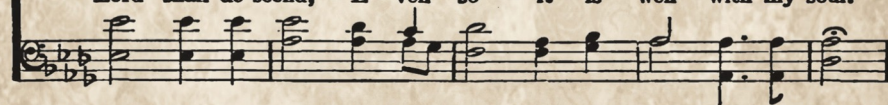
1. When peace like a riv - er at - tend - eth my way, When
2. Though Sa - tan should buf - fet, tho' tri - als should come, Let
3. My sin - oh, the bliss of this glo - ri - ous tho't - My
4. And, Lord, haste the day when the faith shall be sight, The



sor - rows like sea - bil - lows roll, What - ev - er my lot, Thou hast
this blest as - sur - ance con - trol, That Christ hath re - gard - ed my
sin - not in part but the whole, - Is nailed to His cross, and I
clouds be roll'd back as a scroll, The trump shall re - sound, and the



taught me to say: "It is well, it is well with my soul."
help - less es - tate, And hath shed His own blood for my soul.
bear it no more; Praise the Lord; praise the Lord, O my soul
Lord shall de - scend, - "E - ven so" - it is well with my soul.



CHORUS.



It is well with my soul, It is well, it is well with my soul!
It is well with my soul,

