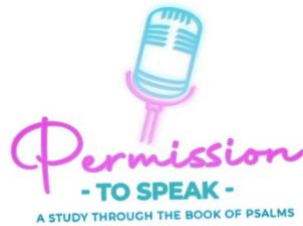


July 10 & 11, 2021



Psalm 86

11 *Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.*

How do you keep an undivided heart when suffering can become so disorienting?

1. Cry Out to God

Psalm 86:1 *Hear me, LORD, and answer me . . .*

We cry out to God because He is the source of true answers.

2. Tell God Your Pain

Psalm 86:1 *Hear me, LORD, and answer me, for I am poor and needy.*

We tell God our pain so that it has somewhere healthy to go.

3. Ask God for Help

Psalm 86:2 *Guard my life, for I am faithful to you . . .*

We ask God to help us by guarding us through the unfolding future.

4. Affirm Your Trust in God

Psalm 86:2 *Guard my life, for I am faithful to you; save your servant who trusts in you . . .*

We trust in God today because He has shown Himself trustworthy yesterday.

Create your own lament

1. Cry out to God.
2. Tell God your pain.
3. Ask God for help.
4. Affirm your trust in God.