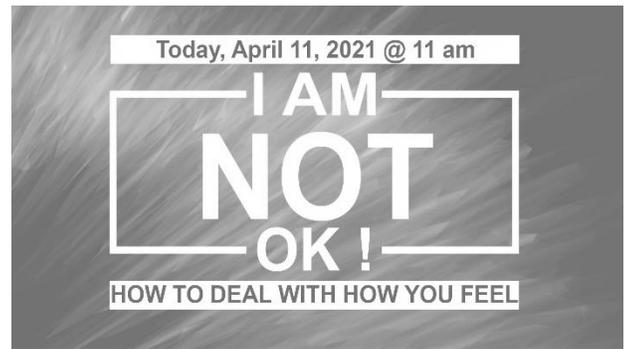


**Series:** I am NOT ok!: How to Deal with How You Feel

**Title:** *Defeat: Dealing with Feeling the Loss*

**Text:** Psalm 116:1-6



**Introduction:**

**What causes you to feel defeated?**

**Memory Verse**

These things have I spoken unto you, that my joy might remain in you, and that your joy might be full. (John 15:11)

**Big Idea**

Feelings of Defeat should become songs of \_\_\_\_\_.

**Let's discover three reasons to turn our defeat into \_\_\_\_\_.**

**I)** The Follower of Christ only \_\_\_\_\_ suffers loss. (vs. 3)

"The sorrows of death compassed me, and the pains of hell gat hold upon me: I found trouble and sorrow...For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling. (Psalm 116:3,8)

**a)** Death is not \_\_\_\_\_ to a follower of Christ.

"The sorrows of death compassed me...For thou hast delivered my soul from death.

(Psalm 116:3,8)

**b)** Spiritual \_\_\_\_\_ will not always be around.

"...the pains of hell gat hold upon me...thou hast delivered...mine eyes from tears.

(Psalm 116:3,8)

**c)** \_\_\_\_\_ will soon be over.

"I found trouble and sorrow...thou has delivered...my feet from falling. (Psalm 116:3,8)

**II)** The Follower of Christ can \_\_\_\_\_ for God's Help at \_\_\_\_\_ (vs. 4)

"Then called I upon the name of the LORD; O LORD, I beseech thee, deliver my soul.

(Psalm 116:4)

**a)** By \_\_\_\_\_ for God to Help

"O LORD, I beseech thee, deliver my soul." (Psalm 116:4)

**b)** By \_\_\_\_\_ that God will Help

"Then called I upon the name of the LORD." (Psalm 116:4)

III) The Follower of Christ has a \_\_\_\_\_ God to \_\_\_\_\_ on. (vs. 5-6)

a) God is \_\_\_\_\_ (vs. 5)

“Gracious is the LORD” (Psalm 116:5)

b) God is \_\_\_\_\_ (vs. 5)

“and righteous” (Psalm 116:5)

c) God is \_\_\_\_\_ (vs. 5)

“God is merciful” (Psalm 116:5)

d) God \_\_\_\_\_ the humble (vs. 6)

“The LORD preserveth the simple” (Psalm 116:6)

e) God \_\_\_\_\_ Me (vs. 6)

“and he helped me.” (Psalm 116:6)

### Conclusion:

Instead of allowing our defeat to become \_\_\_\_\_, we must \_\_\_\_\_ our reliance on God for future struggles.

### I am NOT ok!:

### How to Deal with How You Feel

**April 18 @ 11 a.m.**

Join us next week as we continue this new preaching series with the message *Sick: Dealing with Disease!*

**There comes a time when we find out we are sick and there is no cure. Next week, we will learn how to deal with the discovery of disease in our lives.**

