

EMOTIONALLY HEALTHY HOLIDAYS

IMMERSING OUR HEARTS IN THE SONGS OF JESUS

NAVIGATING THROUGH GRIEF

WALKING WITH GOD THROUGH DARK DAYS

Pastor Derrick Williams | Sunday, November 17, 2019

PSALM 6

1 O Lord , rebuke me not in thine anger, neither chasten me in thy hot displeasure. 2 Have mercy upon me, O Lord ; for I am weak: O Lord , heal me; for my bones are vexed. 3 My soul is also sore vexed: but thou, O Lord , how long? 4 Return, O Lord , deliver my soul: oh save me for thy mercies' sake. 5 For in death there is no remembrance of thee: in the grave who shall give thee thanks? 6 I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears. 7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies. 8 Depart from me, all ye workers of iniquity; for the Lord hath heard the voice of my weeping. 9 The Lord hath heard my supplication; the Lord will receive my prayer. 10 Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly.

Grief: _____ + _____ due to loss

1. WHAT GRIEF _____

PSALM 6:1-3

1 O Lord , rebuke me not in thine anger, neither chasten me in thy hot displeasure. 2 Have mercy upon me, O Lord ; for I am weak: O Lord , heal me; for my bones are vexed. 3 My soul is also sore vexed: but thou, O Lord , how long?



EMMANUEL
BAPTIST CHURCH

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Grief _____

ECCLESIASTES 9:12

For man also knoweth not his time: as the fishes that are taken in an evil net, and as the birds that are caught in the snare; so are the sons of men snared in an evil time, when it falleth suddenly upon them.)

Grief _____

PSALM 6:6-7

I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears. 7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

2. WHAT GRIEF _____

Grief needs _____

PSALM 6:6-7

I am weary with my groaning; all the night make I my bed to swim; I water my couch with my tears. 7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

Grief needs _____

PSALM 6:4-5

Return, O Lord, deliver my soul: oh save me for thy mercies' sake. 5 For in death there is no remembrance of thee: in the grave who shall give thee thanks?

3. HOW GOD _____ **THROUGH GRIEF**

God gives _____

PSALM 6:8-10

Depart from me, all ye workers of iniquity; for the Lord hath heard the voice of my weeping. 9 The Lord hath heard my supplication; the Lord will receive my prayer. 10 Let all mine enemies be ashamed and sore vexed: let them return and be ashamed suddenly..

PSALM 23: 4

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

God gives _____

PSALM 103:13-14

Like as a father pitieth his children, so the Lord pitieth them that fear him. 14 For he knoweth our frame; he remembereth that we are dust.

God gives _____

PSALM 42:11

Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

PSALM 34:18

The Lord is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

MATTHEW 5:4

Blessed are they that mourn: for they shall be comforted.

