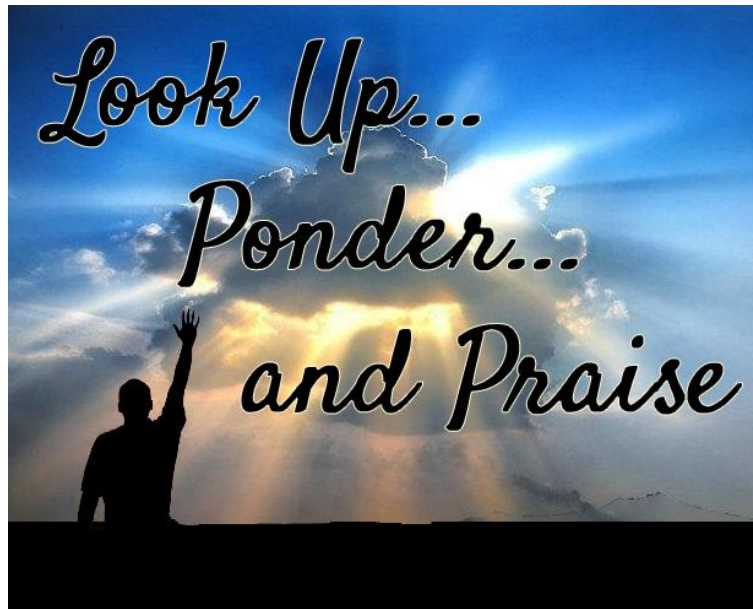




the **lake** church

January 29, 2023



**1. SOMETIMES WE NEED PERSONALIZED HELP FROM GOD**

Like Elijah (1 Kings 19:1-9)

**2. SOMETIMES GOD TELLS US TO STIR OURSELVES UP**

2 Timothy 1:6 / Isaiah 7:9 / 2 Timothy 1:7

**3. SOMETIMES WE JUST NEED TO LOOK UP!**

Psalm 8 / Matthew 16:1-3

**4. SOMETIMES WE NEED STRENGTH**

Pause, Ponder, Praise... and Power (There's Power in Praise!)  
Psalm 8:1-2 / Matt 21:16 / Psalm 27:1 / Psalm 46:1 / Psalm 73:26 / Psalm  
118:1, 14, 24, 29 / Habakkuk 3:19 / Proverbs 10:29 / Isaiah 40:29-31 /  
Psalm 150

**Look Up, Ponder and Praise!**