

## REFRESH

### “Leaning On God In Difficult Times” – Part 3 of 4 August 4, 2024

“When the foundations are being destroyed, what can the righteous do?”  
**Psalm 11:3 (NIV)**

“Go to the Lord for help, and worship him.” **1 Chronicles 16:11 (GN)**

“Worship opens doors to all his goodness.” **Psalm 34:9 (MSG)**

When your heart is breaking: \_\_\_\_\_ GOD  
The example of Job (**Job 1:1-2:10**)

## HOW DO I WORSHIP GOD IN A TRAGEDY?

### 1. TELL GOD HOW YOU \_\_\_\_\_

“Cry out in the night... Pour out your heart like water in prayer to the Lord.”

**Lamentations 2:19 (NCV)**

“I can’t be quiet! I’m angry and bitter. I have to speak!” **Job 7:11(GN)**

**Jeremiah (Jeremiah 20:7-8) Naomi (Ruth 1:20) David (Psalm 88:15)**

“I believed, so I said, ‘I am completely ruined!’” **Psalm 116:10 (NCV)**

### 2. PRAISE GOD IN SPITE OF THE \_\_\_\_\_

Job said, “I was born with nothing, and I’ll die with nothing. The Lord gave, and now he has taken away. May his name be praised! In spite of everything that had happened, Job did not sin by blaming God.” **Job 1:21-22 (GN)**

#### What you can praise God for:

- That He is a good & loving God **Job 10:12**
- That He is all-powerful **Job 36:22, 37:5,23**
- That He notices every detail of my life **Job 23:10, 31:4**
- That He is in control **Job 34:13**
- That He has a plan for my life **Job 23:14**
- That He will protect me **Job 5:11**

*“Even though the fig trees have no fruit and no grapes grow on the vines, even though the olive crop fails and the fields produce no grain, even though the sheep all die and the cattle stalls are empty, I will still be joyful and glad, because the Lord God is my Savior.” **Habakkuk 3:17-18 (GN)***

*Job: “Though he slay me, yet will I trust in him.” **Job 13:15 (KJV)***

### **3. ASK GOD FOR \_\_\_\_\_ & \_\_\_\_\_**

*“Look to the Lord and his strength.” **Psalms 105:4a (NIV)***

*“God is the real source of wisdom and strength.” **Job 12:13 (CEV)***

*“I can lie down and go to sleep, and I’ll wake up again, because the Lord gives me strength.” **Psalms 3:5 (NCV)***

*“The Lord saves good people; he is their strength in times of trouble.”*

**Psalms 37:39 (NCV)**

*“So here I am in the place of worship, eyes open, drinking in your strength and glory.” **Psalms 63:2 (MSG)***

### **4. KEEP FOCUSED ON GOD AND HIS \_\_\_\_\_**

*“Therefore we do not lose heart... For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.” **2 Corinthians 4:16-18 (NIV)***

*Jesus: “(By) trusting me, you will be unshakable and assured, deeply at peace. In this godless world you will continue to experience difficulties. But take heart! I’ve conquered the world.” **John 16:33 (MSG)***

*“Do you see what we’ve got? An unshakable kingdom! And do you see how thankful we must be? Not only thankful, but brimming with worship, deeply reverent before God!” **Hebrews 12:28 (MSG)***

*“Those who worship God will be encouraged.” **Psalms 69:32b (GN)***