

Psalms for Dark Days

- A. When the days are at their darkest, we may find it difficult to open our hearts to God's word, but those very well may be the times that we need God's word the most.
- B. How thankful we ought to be that God has inspired and preserved words of balm for the heavy soul.

Psalms for Dark Days:

- ◆ *Psalm 88*: an honest expression of raw _____ to God.

- ◆ *Psalms 42 and 43*: a lament of loss and turmoil that leads to a _____ refrain.

- ◆ *Psalm 13*: the waves of "*How long?*" meet the solid ground of _____ in God.

These Psalms Show Three Things:

- ◆ You are not _____.

- ◆ In order to get out of the pit, listening to myself must give way to _____ to myself.

- ◆ Preaching God's truth to myself can lead to a life-giving shift in _____.