

NOTES:

Preparing for a New Year During a Season of Lament

Psalm 13

A Pastoral Word about Emotions and Feelings

- Avoid the _____.
⇒ _____
⇒ _____
- A biblical approach to handling emotions and feelings is to _____ (grieve).
- Be _____ and pour out your _____ before God.
Groan here!

Psalm 13, reminds us that God _____ our circumstance and more than that, He is _____ with us.

The _____ (vv. 1-2)

The _____ (vv. 3-4)

The _____ (vv. 5-6)

How to prepare for the New Year during a season of lament?

1. Be _____ about your emotions.
2. _____ (lament) before the Lord.
3. Pray for God to change your _____ not just your _____ (s).
4. _____ to yourself about who God is.
5. Affirm your absolute _____ in God's unfailing _____.
6. _____ God for His bountiful _____.

TGBC is a biblically centered, multigenerational church committed to fulfilling Christ's mandate to make disciples by **learning** the gospel, **loving** the gospel, and **living** the gospel.