

Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God! Psalm 43:5

Crisis Mode means:

- We're focusing on our **feelings**, not the **facts**.

I have told you all this so that in me you may have peace. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33

- Difficulties don't declare the absence of God, they remind us of our **need** for God.

O LORD, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? Answer me, O Lord my God; give me light in my darkness lest I die. Don't let my enemies say, "We have conquered him!" Don't let them gloat that I am down. Psalm 13:1-4

Why, O LORD, do You stand far off? Why do You hide in times of trouble? Psalm 10:1

"O God my rock," I cry, "why have you forgotten me? Why must I wander around in grief, oppressed by my enemies?" Psalm 42:9

How to grow through feelings of abandonment:

- Be **Honest** with God About Your Pain.

O LORD, how long will you forget me? Forever? How long will you look the other way? How long must I struggle with anguish in my soul, with sorrow in my heart every day? Psalm 13:1-2

- **Ask** Boldly for What You Need.

Answer me, O Lord my God; give me light in my darkness lest I die. Don't let my enemies say, "We have conquered him!" Don't let them gloat that I am down. Psalm 13:3-4

- **Trust** God Even When You Don't Understand.

But I have trusted in your steadfast love; my heart will rejoice in your salvation. Psalm 13:5

- **Praise** God Before the Answer Comes.

I will praise the Lord because he has blessed me so richly. Psalm 13:6

I have told you all this so that in me you may have peace. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world." John 16:33

Additional Notes:



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions that can be used in Connection Groups:

These questions also work well for personal time with God.

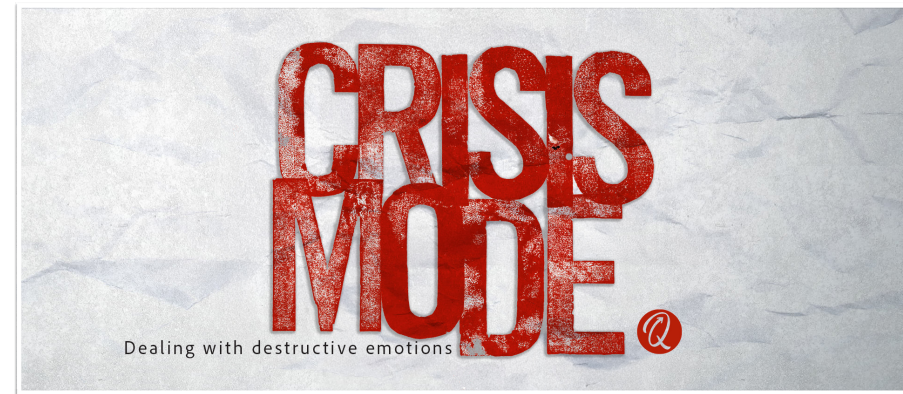
- What scripture and/or point spoke most to you from the Talk on Sunday? Explain.
- When you find yourself in a crisis mode, how do you make yourself aware that you're focusing on your feelings rather than the facts?
- If you can share, have you gone through times where you feel that God has left you? How did you deal with it?
- In the past, have you bought into the myth that difficulties mean that God is not with you?
- Are you able to be honest with God about your feelings?
- In times when you feel God is not present, are you still able to ask for what you need?
- What are some ways we can trust God when we don't understand?
- Praise is to declare something. How do we praise God in the pain of life?

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Today's Talk..



**Dealing with feeling
abandoned by God.**

Sunday, May 11th, 2025

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