

Your New Normal

Psalms 142, 57, and 34

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Part 1 of a series entitled, "Picking Up The Pieces"

Introduction:

After your world has fallen apart,
you must embrace your new normal.

Step #1: Tell God How You Feel (Psalm 142)

- How deeply you need Him (1-2)
- How lonely you are (3-4)
- How badly it hurts (5-7)

Step #2: Praise God for Who He Is (Psalm 57)

- He is your only hope
in the center of the storm (1-3)
- He is your only friend
in the heat of the battle (4-6)
- He is your only light
in the middle of the darkness (7-11)

Step #3: Share God with Someone Who Hurts (Psalm 34)

- Call others to join you (1-3)
- Tell others your story (4-10)
- Help others learn what you have learned (11-22)

Conclusion:

Have you embraced your new normal?