

BREAKING THE GRIP OF FEAR & FRUSTRATION

This Means War • Part 7

September 4, 2016

TO OVERCOME MY FEAR AND FRUSTRATION...

(from Jeremiah's lamentations against God)

1. I NEED TO _____

"I am a man who has seen affliction, by the rod of his wrath. He has driven me away and made me walk in darkness rather than light; he has turned his hand against me again and again, all day long. He has made my skin grow old and broken my bones. He has surrounded me with bitterness and hardship. He has made me dwell in darkness like the dead. He has walled me in so I cannot escape; he has weighed me down with chains. Even when I call out or cry for help, he shuts out my prayer. He has barred my way with blocks of stone; he has made my paths crooked." **Lamentation 3:1-10 (NIV)**

2. I MUST _____

"The thought of my pain and my homelessness is bitter poison. I think of it constantly, and my spirit is depressed. Yet hope returns when I remember this one thing: The Lord's unfailing love and mercy still continue, fresh as the morning, as sure as the sunrise. The Lord is all I have, so in him I put my hope." **Lamentation 3:19-26 (TEV)**

"The Lord is merciful and will not reject us forever. He may bring us sorrow, but his love for us is sure and strong. He takes no pleasure in causing us grief or pain." **Lamentation 3:31-33 (TEV)**

3. I NEED TO _____

"When life is heavy and hard to take, go off by yourself. Enter the silence. Bow in prayer. Don't ask questions: Wait for hope to appear." **Lamentation 3:28-29 (MSG)**

"The Lord is good to everyone who trusts in him, so it is best for us to wait in patience—to wait for him to save us." **Lamentation 3:25-26 (TEV)**

4. I CHANGE _____

"Let us examine our ways and test them, and let us return to the Lord."

Lamentation 3:40 (NIV)

5. I ASK _____

"My enemies threw me into a pit and dropped stones on me. The water flowed above my head, and I cried out, 'This is the end!' But I called on your name, Lord, from deep within the well, and you heard me! You listened to my pleading; you heard my weeping! Yes, you came at my despairing cry and told me, 'Do not fear!'" **Lamentation 3:53-57 (NLT)**

6. I MUST _____

"Restore us, O Lord, and bring us back to you again! Give us back the joys we once had!" **Lamentation 5:21 (NLT)**

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