

**“Good Grief!”**  
Rest in the Truth of Who God Is  
Psalm 42:1-11

**THE POINT:** The restoration we seek is found when we rest in the truth of Who God is.

*“Lament gives us the freedom to grieve in our spirit while still holding on to the character of God.”*

1. God is a \_\_\_\_\_ - Job 1:20-21, 2:10
  
2. God is a \_\_\_\_\_ - I John 3:19-20
  
3. God is a \_\_\_\_\_ - Genesis 17:1
  
4. God is a \_\_\_\_\_ - Psalm 139:7-12
  
5. God is a \_\_\_\_\_ - Romans 5:8

**RESPONSE** – being ‘doers’ of the Word (James 1:22):  
A change of focus from me to God...

[see the other side...]

## **Psalm 13**

For the director of music. A psalm of David. A Lament

<sup>1</sup> How long, LORD? Will you forget me forever?

How long will you hide your face from me?

<sup>2</sup> How long must I wrestle with my thoughts

and day after day have sorrow in my heart?

How long will my enemy triumph over me?

<sup>3</sup> Look on me and answer, LORD my God.

Give light to my eyes, or I will sleep in death,

<sup>4</sup> and my enemy will say, “I have overcome him,”

and my foes will rejoice when I fall.

<sup>5</sup> **But** I trust in your unfailing love;

my heart rejoices in your salvation.

<sup>6</sup> I will sing the LORD’s praise,

for he has been good to me.

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***From TRUTH through TRACTION to TRANSFORMATION:***

What did God say to you today? [Assess]

What will you do about it? [Address]

With whom will you share this...and when? [Apply]