

WHEN THE UNINVITED GUEST COMES...

1. ASK GOD FOR HELP

*I cried out to God for help;
I cried out to God to hear me.
When I was in distress, I sought the Lord;
at night I stretched out untiring hands,
and I would not be comforted.*

Psalms 77:1–2 (NIV)

*... I groaned;
I meditated, and my spirit grew faint.
You kept my eyes from closing;
I was too troubled to speak.
I thought about the former days,
the years of long ago;*

Psalms 77:3–5 (NIV)

God's help might come in the form of:

- A miracle
- Some medicine
- A meaningful conversation

2. REDIRECT YOUR THOUGHTS

*I remembered my songs in the night.
My heart meditated and my spirit asked:
“Will the Lord reject forever?
Will he never show his favor again?
Has his unfailing love vanished forever?
Has his promise failed for all time?
Has God forgotten to be merciful?
Has he in anger withheld his compassion?”*

Psalms 77:6–9 (NIV)

*Then I thought, “To this I will appeal:
the years when the Most High stretched out his right hand.
I will remember the deeds of the Lord;
yes, I will remember your miracles of long ago.
I will consider all your works
and meditate on all your mighty deeds.”*

Psalms 77:10–12 (NIV)

3. LEARN TO WORSHIP BEFORE YOUR BREAKTHROUGH

*Your ways, God, are holy.
What god is as great as our God?
You are the God who performs miracles;
you display your power among the peoples.
With your mighty arm you redeemed your people,
the descendants of Jacob and Joseph.*

Psalms 77:13–15 (NIV)