

# TakeNote

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Pastor Shawn Thornton—

Weekend of **September 19–20, 2020**

## When You Feel Forgotten

—1 Samuel 22:1–2, Psalms 142, 57, and 34

*Part 1 of 6 in the “Hope for the Heavy Heart” series*

When you feel forgotten, do what no lonely person wants to do;  
take \_\_\_\_\_ but \_\_\_\_\_ steps to get beyond \_\_\_\_\_

1. \_\_\_\_\_ **God How You** \_\_\_\_\_ (Psalm 142)

- \_\_\_\_\_ what you feel \_\_\_\_\_
- \_\_\_\_\_ He \_\_\_\_\_ how you feel \_\_\_\_\_

2. \_\_\_\_\_ **God for** \_\_\_\_\_ **Is** (Psalm 57)

- When you feel like nothing will ever be \_\_\_\_\_,  
remember He \_\_\_\_\_
- When you feel like \_\_\_\_\_ will ever be there for you,  
remember He never \_\_\_\_\_

3. \_\_\_\_\_ **God by** \_\_\_\_\_ **Others** (Psalm 34)

- God may not bring you the \_\_\_\_\_ you \_\_\_\_\_,  
but He will bring you the \_\_\_\_\_ you \_\_\_\_\_
- God may not use you the way \_\_\_\_\_,  
but He will use you the way \_\_\_\_\_

Are you taking \_\_\_\_\_ to get beyond \_\_\_\_\_?

Are you taking steps to \_\_\_\_\_ get beyond themselves?

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—1 Samuel 22:1–2, Psalms 142, 57, and 34

*Part 1 of 6 in the “Hope for the Heavy Heart” series*

When you feel forgotten, do what no lonely person wants to do;  
take small but intentional steps to get beyond yourself.

### 1. Tell God How You Feel (*Psalms 142*)

- Verbalize what you feel deeply
- Realize He knows how you feel personally

### 2. Praise God for Who He Is (*Psalms 57*)

- When you feel like nothing will ever be the same,  
remember He never changes
- When you feel like no one will ever be there for you,  
remember He never leaves you

### 3. Serve God by Engaging Others (*Psalms 34*)

- God may not bring you the people you want,  
but He will bring you the people you need
- God may not use you the way you expected,  
but He will use you the way others needed

Are you taking steps to get beyond yourself?

Are you taking steps to help others get beyond themselves?