

TakeNote

Pastor Shawn Thornton—

June 4–5, 2022

It's OK to Not Be OK—Psalm 13:1-6

Part 1 of a series from the Book of Psalms titled: "It's OK to Not Be OK"

If you let Him, God will meet you and sit with you in your deepest turmoil, AND He will give you glimpses of hope even before your turmoil ends.

You must give yourself some space to struggle before you can give God some space to work!

1. It's OK to Give Yourself Some Space to Struggle (vs. 1-4)

Frustration – *When your suffering seems endless* (vs. 1-2)

- *Forgotten by God*
- *Robbed of God's blessing*
- *Agitated by frantic thinking*
- *Overwhelmed by deep sadness*
- *Crushed by what others think*

Desperation – *When your options seem hopeless* (vs. 3-4)

- *Death seems more likely than life*
- *Defeat seems more likely than victory*

2. It's OK to Give God Some Space to Work (vs. 5-6)

Trust Him – Even When You Don't Feel Like It (vs. 5)

- *Because God's love for you will never stop*
- *Because God's grip on you will never end*

Praise Him – Even When You Don't Want To (vs. 6)

- *Recognize that God has not changed
(even if your circumstances have)*
- *Acknowledge that God has been good to you
(even if you think He could have done more)*

**Are you giving yourself some space to struggle
and then giving God some space to work?**