

## Psalm 77:1-6 Good New Bible

1. I cry aloud to God;  
I cry aloud, and he hears me.
2. In times of trouble I pray to the Lord;  
all night long I lift my hands in prayer,  
but I cannot find comfort.
3. When I think of God, I sigh;  
when I meditate, I feel discouraged.
4. He keeps me awake all night;  
I am so worried that I cannot speak.
5. I think of days gone by  
and remember years of long ago.
6. I spend the night in deep thought  
I meditate, and this is what I ask myself:

## Psalm 77:7-10 Good New Bible

7. “Will the Lord always reject us?  
Will he never again be pleased with us?”
8. Has he stopped loving us?  
Does his promise no longer stand?
9. Has God forgotten to be merciful?  
Has anger taken the place of his compassion?”
10. Then I said, “What hurts me most is this—  
that God is no longer powerful.”

# Spiritual Distress

1. I cry aloud to God; I cry aloud,  
and he hears me.
2. In times of trouble I pray to the Lord;  
all night long I lift my hands in prayer,  
but **I cannot find comfort.**  
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3. When I think of God, I sigh;  
when I meditate, **I feel discouraged**

- **Cry- aloud**
- **He hears me**
- **Troubled**
- **Prays fervently**
- **But- No comfort**
- **Sigh's**
- **Discouraged**

# Spiritual Distress

4. He keeps me awake all night;  
I am so worried that I cannot speak.
5. I think of days gone by  
and remember years of long ago
6. I spend the night in deep thought  
I meditate, and this is what I ask myself:

:

- Sleeplessness
- Worried
- Remembering
- Reflecting

# Spiritual Distress

Does That Mean??

7. “Will the Lord **always reject** us?  
Will he **never** again **be pleased** with us?
8. Has he **stopped loving us**?  
Does his **promise no longer** stand?
9. Has God **forgotten** to be merciful?  
Has **anger** taken the place of his  
compassion?”
10. Then I said, “What hurts me most is this  
that God is **no longer powerful**

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**1-Rejection-is it Permanent?**

**2-Has *Love & Hope* Disappeared**

**3-Anger instead of *Compassion* ?**

**4-*No longer* Powerful**

# Spiritual Distress

## The Symptoms...

- **Deep- Distress - Expressing...**
- Deeply Troubled
- Crying- Aloud
- No comfort in prayer
- Discouraged
- Sleeplessness
- Worried
- Remembering
- Reflecting ....

## The Questions

- **1-Rejection-is it Permanent?**
- **2-Has *Love & Hope* Disappeared?**
- **3-Anger instead of Compassion ?**
- 4- My **view** of God has changed