



Stormproof! Week 3 “Hurricanes of Hurt”

October 20, 2024

What hurts (emotional, spiritual, financial, relational, etc.) have you experienced?

1. In your hurt, _____ out to the Lord

Psalm 130:1 Out of the depths I cry to you, O LORD;

2 O Lord, hear my voice.

Let your ears be attentive to my cry for mercy.

- *Psalm 86:6 Hear my prayer, O Lord; listen to my cry for mercy. 7 In the day of my trouble I will call to you, for you will answer me.*
- *Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”*

2. In your hurt, live in _____.

Psalm 130:3 If you, O LORD, kept a record of sins, O Lord, who could stand?

4 But with you there is forgiveness; therefore you are feared.

- *Job 13:20 “Only grant me these two things, O God, and then I will not hide from you:
21 Withdraw your hand far from me, and stop frightening me with your terrors.
22 Then summon me and I will answer, or let me speak, and you reply.
23 How many wrongs and sins have I committed? Show me my offense and my sin.*
- *Matthew 18:21 Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.*

3. In your hurt, _____ on the Lord's timing.

*Psalm 130:5 I wait for the LORD, my soul waits,
and in his word I put my hope.*

*6 My soul waits for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.*

- *Psalm 37:5 Commit your way to the Lord;
trust in him and he will do this:
6 He will make your righteousness shine like the dawn,
the justice of your cause like the noonday sun.
7 Be still before the Lord and wait patiently for him;
do not fret when men succeed in their ways,
when they carry out their wicked schemes.*
- *Romans 5:3 Not only so, but we also glory in our sufferings, because
we know that suffering produces perseverance; 4 perseverance,
character; and character, hope. 5 And hope does not put us to shame,
because God's love has been poured out into our hearts through the
Holy Spirit, who has been given to us.*

4. In your hurt, put your _____ in the LORD.

*Psalm 130:7 O Israel, put your hope in the LORD,
for with the LORD is unfailing love
and with him is full redemption.*

8 He himself will redeem Israel from all their sins.

- *Hebrews 12:1 Therefore, since we are surrounded by such a great
cloud of witnesses, let us throw off everything that hinders and the sin
that so easily entangles, and let us run with perseverance the race
marked out for us. 2 Let us fix our eyes on Jesus, the author and
perfector of our faith, who for the joy set before him endured the
cross, scorning its shame, and sat down at the right hand of the
throne of God. 3 Consider him who endured such opposition from
sinful men, so that you will not grow weary and lose heart.*

**Remember: In the hurricanes of
hurt is the hope of God's healing!**

MY PERSONAL NOTES

Everyone Outreach Witness Idea: Everyone experiences hurts at some point in their lives. Be available to walk with people through the hardships of hurt to the certainty of the cross!

NEXT SUNDAY: Stormproof: Election Earthquakes!

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*O Israel, put your hope in the LORD,
for with the LORD is unfailing love and with him is full redemption.*

Psalm 130:7

SERMON REFLECTIONS: Apply to My Life

The thought the Spirit is leading me to focus on is:

The change the Spirit is leading me to work on is:

The action the Spirit is prompting me to take is:

My prayers today are:

Someone I would like to bless with today's message: