

1/10/2021

Weathering the Blues

1. Motivate

When have you felt like singing the blues?

A video introduction is available to view at https://watch.liberty.edu/media/1_h8qohb2e.

2. Transition

Many things in these unprecedented times can cause us to “feel blue” or send us into a “blue funk”

- But we can cling to the reality that God will us up when we feel down.

3. Bible Study

3.1 Problems and Concerns

Listen for David’s plea.

Psalm 31:1-2 (NIV) In you, O LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

In whom did David affirm his trust?

What words or phrases did he use to describe what he desired for the Lord to be for him during this life situation?

What is the background for the imagery? What do you know about the problems for which David would have needed God’s rescue?

What are some circumstances that tend to bring you down?

How do complaint and blame do nothing for one's situation and can even make the it worse?

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How do David's words give us hope in our distress?

- Look up the following:
- Psalm 55:22

- Psalm 10:17

- Psalm 34:15

This may be a good time to pause for people to volunteer to pray for people you know who are struggling ... people in your class ... families in your church. Claim these promises.

3.2 Take Your Concerns to God

Listen for specific ways God rescues.

Psalm 31:3-4 (NIV) Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Free me from the trap that is set for me, for you are my refuge.

Once again, David refers to God as a *rock*, his *refuge* and *fortress*. Why do you suppose David is repeating himself?

What is stated in verse 4 that may be a hint of what was causing his emotional upheaval?

What are some secret nets or traps we fall prey to?

What are some ways that God sends help when we turn to Him for rescue from traps, snares, and the enemies' attacks?

3.3 Trust God to Carry You Through

Listen for David's response.

Psalm 31:5-8 (NIV) Into your hands I commit my spirit; redeem me, O LORD, the God of truth. 6 I hate those who cling to worthless idols; I trust in the LORD. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not handed me over to the enemy but have set my feet in a spacious place.

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What additional affirmations of trust are found in verse 5?

What were some of the manifestations of God's mercy the psalmist identified in verses 7-8?

Whereas he had the blues over his circumstances in life, what emotions characterized his disposition upon thinking about God's mercy?

Where does our culture encourage us to put our trust when we need protection?

What are some words that describe how you feel to know that God sees your affliction and knows the troubles of your soul?

Application

Worship.

- Trust is expressed as you worship because it keeps you focused on Christ.
- Make the decision to actively engage in worship both with your church and in your private devotional life.

Study.

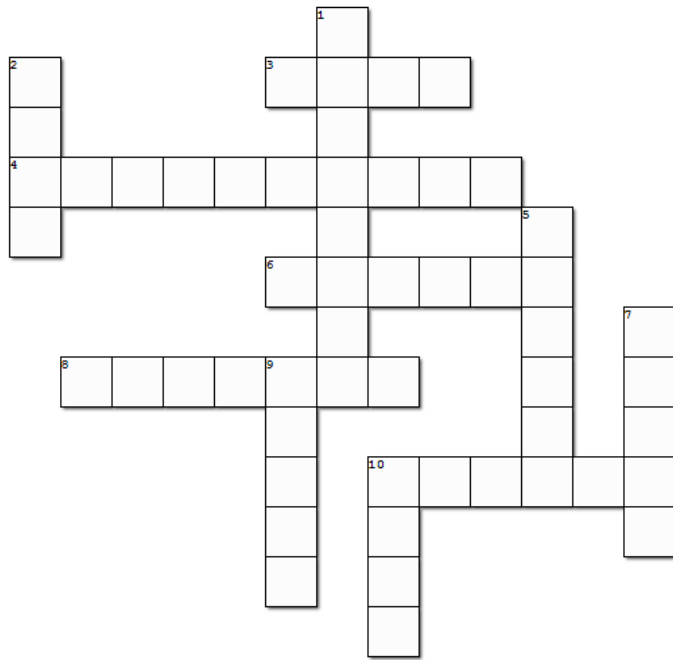
- Identify Bible verses that teach what God says about the issue of depression and sadness in our lives
- Then you can share them with others.

Seek help.

- Do a serious personal evaluation about what causes depression in your life.
- Admit that it is real and it is serious.
- It might be time to talk with a close friend, pastor, or counselor about it.

Clueless Crossword

Some folks say my sister (the Word Search Lady) is clueless. Well, now we are also. Pshaw, don't get the **blues** over it. Just figure out where the words go in the grid by counting the letters. Help is available at <https://tinyurl.com/ycurljdu>



Words to be placed in the crossword grid

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|-------|------------|------|----------|--------|--------|---------|-------|------|------|--------|
| idols | affliction | rock | fortress | redeem | rescue | anguish | shame | love | trap | refuge |
|-------|------------|------|----------|--------|--------|---------|-------|------|------|--------|