



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

WEEK 4
STRENGTH FOR THE DOUBTING SEASON



First Baptist Church of Rancho Cucamonga

7450 Archibald Avenue

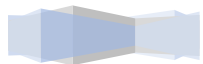
Rancho Cucamonga, California 91730-1403

909.987.3676 | www.fbcfamily.net

bw1@fbcfamily.net



☐ Day 1	Psalm 1:1-3	☐ Day 21	Psalm 40:1-3
☐ Day 2	Psalm 139:1-6	☐ Day 22	Psalm 27:11-14
☐ Day 3	Psalm 91:1-3	☐ Day 23	Psalm 46:8-11
☐ Day 4	Psalm 93:1-5	☐ Day 24	Psalm 62:1-2, 5-8
☐ Day 5	Psalm 133:1-3	☐ Day 25	Psalm 32:5-7
☐ Day 6	Psalm 23:1-6	☐ Day 26	Psalm 22:1-3
☐ Day 7	Psalm 27:1-5	☐ Day 27	Psalm 22:6-8
☐ Day 8	Psalm 32:1-2	☐ Day 28	Psalm 22:19-22
☐ Day 9	Psalm 37:3-6	☐ Day 29	Psalm 63:1, 5-8
☐ Day 10	Psalm 37:25-28	☐ Day 30	Psalm 107:33-35
☐ Day 11	Psalm 62:1-2	☐ Day 31	Psalm 147:3-6
☐ Day 12	Psalm 128:1-4	☐ Day 32	Psalm 116:1-5, 15
☐ Day 13	Psalm 18:3-6	☐ Day 33	Psalm 89:46-48
☐ Day 14	Psalm 127:1-5	☐ Day 34	Psalm 73:21-26
☐ Day 15	Psalm 18:25-29	☐ Day 35	Psalm 34:17-18
☐ Day 16	Psalm 94:16-19	☐ Day 36	Psalm 107:1-2
☐ Day 17	Psalm 13:5	☐ Day 37	Psalm 34:1-3
☐ Day 18	Psalm 46:1-3	☐ Day 38	Psalm 103:1-5
☐ Day 19	Psalm 139:7-12	☐ Day 39	Psalm 20:7
☐ Day 20	Psalm 139:13-18	☐ Day 40	Psalm 107:43



Prayer Log

Requests

Requests

Answers

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DAY 16:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 94:16-19 and The Devotional Thought

Psalm 94:16-19 (NLT)

¹⁶ “Who will protect me from the wicked? Who will stand up for me against evildoers? ¹⁷ Unless the LORD had helped me, I would soon have settled in the silence of the grave. ¹⁸ I cried out, ‘I am slipping!’ but your unfailing love, O LORD, supported me. ¹⁹ When doubts filled my mind, your comfort gave me renewed hope and cheer.”

Psalm 94:16-19 (NIV)

¹⁶ “Who will rise up for me against the wicked? Who will take a stand for me against evildoers? ¹⁷ Unless the LORD had given me help, I would soon have dwelt in the silence of death. ¹⁸ When I said, ‘My foot is slipping,’ your love, O LORD, supported me. ¹⁹ When anxiety was great within me, your consolation brought joy to my soul.”

Psalm 94:16-19 (ESV)

¹⁶ “Who rises up for me against the wicked? Who stands up for me against evildoers? ¹⁷ If the LORD had not been my help, my soul would soon have lived in the land of silence. ¹⁸ When I thought, ‘My foot slips,’ your steadfast love, O LORD, held me up. ¹⁹ When the cares of my heart are many, your consolations cheer my soul.”

Devotional Thought

The psalmist’s prayer resumes in this passage with a desperate cry for God’s justice. He turns from his future hope given in God’s law to his present pain and asks who will stand up and protect him from the wicked evildoers. He was having doubts concerning his deliverance. However, this section concludes with the hopeful expectation that evil will end. The psalmist remembers that when he was slipping, it was the Lord who supported him. When doubts started to cloud his judgment, he remembered the unfailing love of God. Comfort comes, to be sure, from the law of God, but more than that, it comes from the presence of God. As He keeps His covenant, our doubts are put to rest.

In 2 Chronicles 27, King Jotham learned the lessons of brokenness, dependency and trust. The relationship between brokenness and persistence is intensely close. Maturity comes when we can applaud our brokenness. Then we will know our purpose in life, we will grow in faithfulness, we will reduce our doubts, and we will influence others.

Our faithfulness is a response to the faithfulness of God. Even through many doubts we will not give up on our relationship with God. We need persistence because it is a constant struggle to be with God. Doubts will draw us away from Him if we are not persistent. Bringing the needs of others before God raises the stakes of persistence and helps us to stay focused on the presence of God. We then take responsibility for ministry in the lives of other people. In our desperation to know God and for others to know God, we are assured of experiencing His presence, which removes all doubt.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

[illegible]

Request: Based on what you have learned today, write out a prayer to God.

[illegible]

DAY 17:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 13:5 and The Devotional Thought

Psalm 13:5 (NLT)

"But I trust in your unfailing love. I will rejoice because you have rescued me."

Psalm 13:5 (NIV)

"But I trust in your unfailing love; my heart rejoices in your salvation."

Psalm 13:5 (ESV)

"But I have trusted in your steadfast love; my heart shall rejoice in your salvation."

Devotional Thought

There are at least three truths about God's will that lead to doubt. Here is the first one. *What God wants me to do is seldom what I initially want.* The truth is God's will does not usually line up with our plans. We tend to make our own plans, and we tend to develop our plans around ourselves, around our own desires, and what we want. But God's plans are far bigger than that. God's plans are not just about us. They are about the entire world. God's plans are bigger than us. He shows us what He wants us to do, and we push back. We say, "God, that is not what I want to do. I had different plans than that." That leads you to doubt. Am I going to hold onto my plans, or am I going to trust God that His plans might be better?

Number two, *God's will is always more than I can do alone.* God is never going to ask you to do something that you could easily accomplish on your own without Him. He will always push you out of your comfort zone. God's will is never comfortable. It never allows you to take it easy. It can be scary at times and because of that it can cause you to have doubts. Sometimes you have doubts because of your desire. I want to do this, but God wants me to do something else. So that desire causes a crisis of belief. Am I going to trust my plans or God's plans? It is not that I do not want to do it. It is just that I do not believe that I can do it. I do not believe that God will do it.

God's will is always more than I can do alone. It can scare you. But then the good news about God's will is that *God's will is never more than I can do with Him.* When God asks you to do something, it is always more than you can do on your own but never more than you can do with God. Why? God wants you to learn to rely on him more and on yourself less. God wants you to learn to trust Him more and to trust yourself less.

Because of these three truths, there will come a point in your life where if you really want to know God's will, if you really want to live out His best life, there will come a point where you face doubts. And you will say, "You know this is not what I planned. This is too hard." But will I believe that God's plan is the best plan? Will I believe that it is not too hard for Him? Am I willing to trust God and to take a step of faith?

That is where the psalmist proclaims that he will trust in God's unfailing love and rejoice.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

Request: Based on what you have learned today, write out a prayer to God.



Day 18:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 46:1-3 and The Devotional Thought

Psalm 46:1-3 (NLT)

¹ “God is our refuge and strength, always ready to help in times of trouble. ² So we will not fear when earthquakes come and the mountains crumble into the sea. ³ Let the oceans roar and foam. Let the mountains tremble as the waters surge!”

Psalm 46:1-3 (NIV)

¹ “God is our refuge and strength, an ever-present help in trouble. ² Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³ though its waters roar and foam and the mountains quake with their surging.”

Psalm 46:1-3 (ESV)

¹ “God is our refuge and strength, a very present help in trouble. ² Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, ³ though its waters roar and foam, though the mountains tremble at its swelling.”

Devotional Thought

God is our strength. His might is exerted against His foes. God, protects us as our shelter and fights for us. He is our shield and our sword. He is always with us. He is always ready to help in times of trouble. God is here to help when the pressure mounts and the world closes in. The consequence of the confession “*we will not fear*” is that our fear is gone because of the provision and presence of God.

The evil one is that ever present, ever challenging force that daily strives to destroy our faithfulness. We are promised the ability to stand against Satan as we put on the armor of God and rely on the Spirit’s power. The armor enables us to stand firm. The “*belt of truth*” is the integrating force in the life of a victorious Christian. It ties the armor together. Truth is the key to victory. The “*breastplate of righteousness*” makes possible living a godly life. The “*shoes of the gospel*” equip us to share the good news of peace with those without Christ. The “*shield of faith*” is a living faith that empowers us to trust in the promises and power of God. The “*helmet of salvation*” provides protection through the mind that is controlled by God. The “*sword of the Spirit*” pierces the heart with truth. Strength is found in the power of God. The faithfulness of God should be a constant impetus for us to be unyielding in our support of the truth.

When the burden of doubts grows too heavy, God is available to sustain us. As followers of Christ, we must focus on our responsibility and develop a spiritual reliance on Jesus Christ. Persistence in ministry comes from depending on Him. It is the only way to overcome the overwhelming burden of doubts. We are not in charge or control; God is.

Those who love God have a duty to respect, honor, and love others. The church that reaches out is always under obligation to care for others. Faithfulness includes a commitment to right behavior toward all in Christ Jesus. Genuine devotion is evidenced in our behavior.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

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Request: Based on what you have learned today, write out a prayer to God.

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Day 19:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 139:7-12 and The Devotional Thought

Psalm 139:7-12 (NLT)

⁷ "I can never escape from your Spirit! I can never get away from your presence! ⁸ If I go up to heaven, you are there; if I go down to the grave, you are there. ⁹ If I ride the wings of the morning, if I dwell by the farthest oceans, ¹⁰ even there your hand will guide me, and your strength will support me. ¹¹ I could ask the darkness to hide me and the light around me to become night – ¹² but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you."

Psalm 139:7-12 (NIV)

⁷ "Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast. ¹¹ If I say, 'Surely the darkness will hide me and the light become night around me,' ¹² even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you."

Psalm 139:7-12 (ESV)

⁷ "Where shall I go from your Spirit? Or where shall I flee from your presence? ⁸ If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! ⁹ If I take the wings of the morning and dwell in the uttermost parts of the sea, ¹⁰ even there your hand shall lead me, and your right hand shall hold me. ¹¹ If I say, 'Surely the darkness shall cover me, and the light about me be night,' ¹² even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you."

Devotional Thought

God's goal is for us to be completely holy in His sight. People without blemish and free from the guilt of every accusation. That goal is only reached through Jesus Christ. Jesus came to overcome the problem of human disinterest (apathy). There is no place to hide from His presence. As Christ followers we are new creations. Our old sinful life is gone and new life has taken its place. We have been reconciled through Christ. Therefore, we have been given the ministry of reconciliation. It is now our job to extend and expand the kingdom of God. We are vehicles to be used by God to reach others for Christ.

The precious message of reconciliation has been committed to us as well. Jesus Christ, who had no sin, took on ours; He died for that sin and rose from death; in order to make it possible for us to be in His family. The message of reconciliation has been committed to us as a trust. It is to be used in the ministry of reconciliation. We live in this world as representatives of His kingdom.

Knowing that God is always aware of us and is everywhere, helps overcome our doubts. Love so much that you are willing to humble yourself. Not just willingness; but taking humble action.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

Request: Based on what you have learned today, write out a prayer to God.



Day 20:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 139:13-18 and The Devotional Thought

Psalm 139:13-18 (NLT)

¹³ “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. ¹⁴ Thank you for making me so wonderfully complex! Your workmanship is marvelous – how well I know it. ¹⁵ You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. ¹⁶ You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. ¹⁷ How precious are your thoughts about me, O God. They cannot be numbered! ¹⁸ I can’t even count them; they outnumber the grains of sand! And when I wake up, you are still with me!”

Psalm 139:13-18 (NIV)

¹³ “For you created my inmost being; you knit me together in my mother’s womb. ¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. ¹⁵ My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, ¹⁶ your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be. ¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them! ¹⁸ Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.”

Psalm 139:13-18 (ESV)

¹³ “For you formed my inward parts; you knitted me together in my mother’s womb. ¹⁴ I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. ¹⁵ My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. ¹⁶ Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. ¹⁷ How precious to me are your thoughts, O God! How vast is the sum of them! ¹⁸ If I would count them, they are more than the sand. I awake, and I am still with you.”

Devotional Thought

God created us and knows everything about us. In the Old Testament, Joseph was well built and handsome, yet his spirituality was even more impressive. He did not hesitate to label immorality as sin. Goodness never excuses immorality by seeing it in some new and broader way. Sin can be overpowering. Nevertheless, sinful people like us can live righteous lives. It starts by not confusing the categories of good and evil. In other words, watch out for gray areas. Joseph would not compromise his morality. Commit to always do what is right. Rely on God’s power.

One of the prophets, Isaiah, admitted his own moral shortcomings even as God was calling him to service. Goodness is essential in carrying out our call to serve. The truly good have been called by God to live in the world. They love God, they want to please Him and they desire God’s purposes for their lives. They see themselves, as Paul did, as the worst of sinners, yet they daily display the goodness they deny. God’s expectation is their delight. Commit to goodness.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

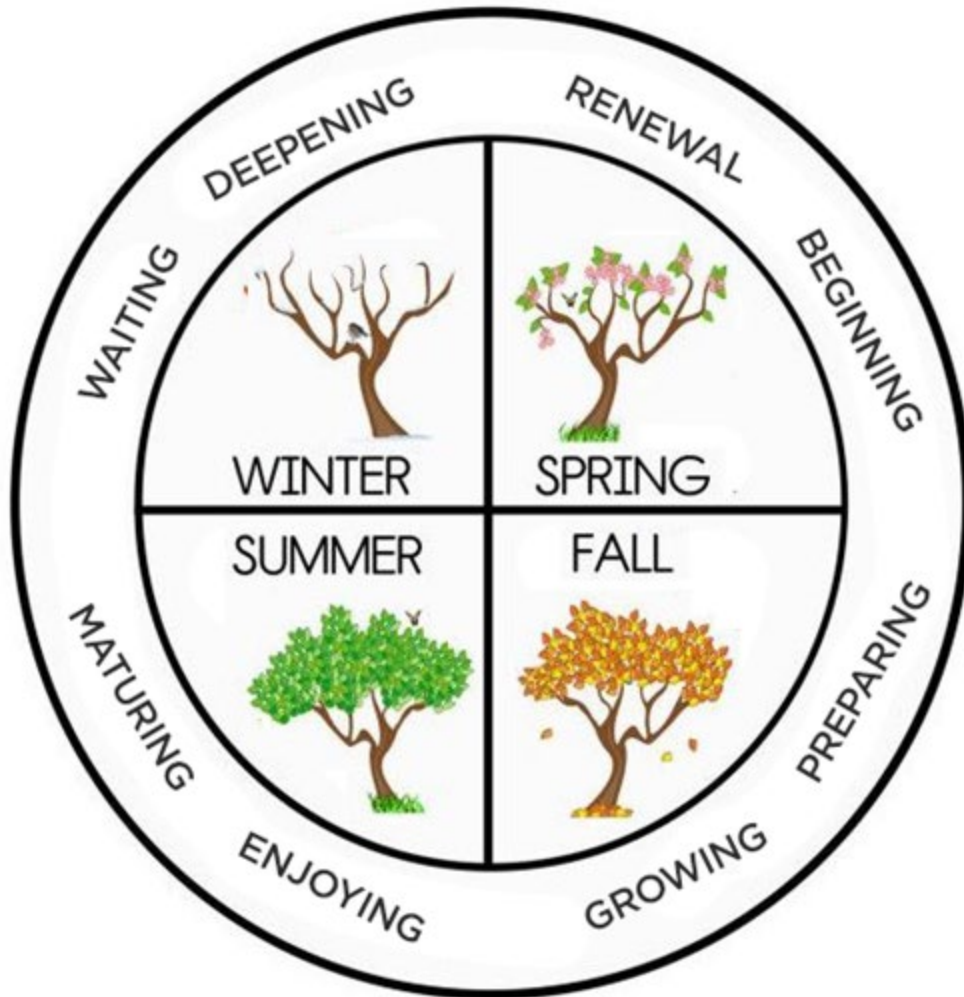
Record: Your thoughts, impressions, things to remember, & an application statement.

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Request: Based on what you have learned today, write out a prayer to God.

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THE SEASONS OF LIFE



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

FBC Growth Group Covenant

Congratulations on your desire to grow deeper in your relationship with God through this weekly study and the relationships that will begin as a result of your participation.

As a member of this group, you will be asked to enter into a covenant with the other group members. You are requested to make this Growth Group a priority; by making the following commitments:

- ☐ I will make this group a priority by attending each week (call if I'm going to be absent or late), keeping up with my assignments and participating openly in group discussion.
- ☐ I will regularly attend church services and contribute to the ministry of the church through my attendance, giving, service and inviting of others.
- ☐ I will strive to build authentic relationships with those in this group by showing care, providing encouragement and praying for their needs.
- ☐ I will avoid gossip (including, what happens in the group stays in the group) and immediately resolve any concerns by following the "conflict resolution" principles of Matthew 18:15-17.
- ☐ I will limit my freedom by not serving or consuming alcohol during growth group meetings or events so as to avoid causing a weaker brother or sister to stumble. (1 Cor. 8:1-13; Romans 14:19-21)
- ☐ I will serve with my group once a month during the semester and will participate in a mission project and play together with my group once.
- ☐ I will honestly explore my next steps for spiritual growth and give permission for other group members to speak God's truth into my life.

NAME (Signature)

DATE



APPLICATION QUESTIONS: S.P.E.A.K. T.O. M.E.

✓ **SIN TO CONFESS?**

Does the passage point out a sin that you are struggling with and that the Holy Spirit is challenging you to do something about? When you read the Bible, sometimes it is going to bring to your attention sin that is currently in your life that is hurting you or sin that could hurt.

✓ **PROMISE TO CLAIM?**

As you read, ask, is there a promise here that I have not seen that I need to claim for my own life? A promise that if I take hold of right now it is going to calm my fears or give me courage?

✓ **EXAMPLE TO FOLLOW?**

As I read this passage, is there someone there who is doing something godly or doing something courageous or doing something selfless that God is using to inspire me or to challenge me to do the same thing in my own life in a situation I am going through.

✓ **ATTITUDE TO CHANGE?**

Is God showing me an area where I need to change my attitude?

✓ **KNOWLEDGE TO EMBRACE?**

Is God showing a new truth, some new knowledge, that you never noticed before? Is he teaching you something that you need to accept as true? Are there godly principles laid out clearly or exemplified in a story?

✓ **THANKS TO GIVE?**

Did the Holy Spirit show you something that you need to give thanks for? Is there something he showed you in these previous questions that you need to thank God for that revelation?"

✓ **OCCASION TO PRAY?**

Is God prompting you to pray for something specific from your reading? Did he bring someone to mind as you were reading that you need to stop and pray for them? Do you need to ask God for strength or courage or patience or something that will help you apply his truth to your life?

✓ **MANDATE TO OBEY?**

Is there a clear mandate or command in the passage? God is saying, you need to do this or maybe the mandate is God saying, "Do not do this or stop doing this?" Is there a mandate to obey?

✓ **ERROR TO AVOID?**

Is the Holy Spirit showing you a danger area? Something that can trip you up? Is this an area of sin that might ruin your life? Look for warnings that the Bible gives you to avoid certain things.

Note: The foundation of spiritual growth is your understanding of God's Word. Each week, bring your Bible and your study guide to the group meeting.

CONNECT 15 minutes

1. Take a few moments to catch up on current events in your lives.
2. Complete any unfinished sections of your growth group calendar.
3. Share an insight or two from your devotional section of Strength for the Seasons of Life.

GROW 30 minutes

John Calvin included the 13th Psalm among 18 psalms set to music and published in 1539. Scottish theologian Marcus Dods described this psalm as exquisite. Psalm 13 is called an individual lament. A worshiper comes to God with a desperate question – “How long?” – and finishes with a note of hope and confidence. The distress lamented is probably the fear and closeness of death. The question “how long?” is asked four times in the first two verses, indicating the depth of David's distress. David expressed his feelings to God and found strength. By the end of the psalm, he is able to acknowledge his hope and trust in God.

The structure of the psalm includes, the complaint (vv. 1-2); the appeal (vv. 3-4); and the expression of confidence in God's help (vv. 5-6). In our Season of Doubt, Psalm 13 reveals three realities of life. First, we have *the reality of hurt*. The painful realities of life cause us to feel abandoned, confused, depressed and defeated. These in turn feed our doubts. What we need here is to acknowledge the pain. “God, I hurt. How long will it last?”

Second, we have *the reality of help*. What we need in our time of pain and doubt is help. It is available. We seek help to live, to have victory, and to rejoice. We want be restored to a better place. Allow God to give answers. Allow God to give His presence. The third reality is that we have *the reality of hope*. Verses five and six tell us to trust in God's unfailing love; to rejoice in God's salvation; to sing to the Lord; and to remember the Lord's blessings. Even in our seasons of doubt, God can help us to become more like Jesus Christ.

GROUP DISCUSSION:

- ✓ What emotions do you feel when you are sick at home?
- ✓ What techniques do you use to combat discouragement when you are sick?
- ✓ In what ways have your friends or family helped you through a time of illness or discouragement?



 Read **Psalm 13:1-6** and interact with the following questions:

Psalm 13:1-6 (NLT)

¹ “O LORD, how long will you forget me? Forever? How long will you look the other way? ² How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand? ³ Turn and answer me, O LORD my God! Restore the sparkle to my eyes, or I will die. ⁴ Don’t let my enemies gloat, saying, ‘We have defeated him!’ Don’t let them rejoice at my downfall. ⁵ But I trust in your unfailing love. I will rejoice because you have rescued me. ⁶ I will sing to the LORD because he is good to me.”

Psalm 13:1-6 (NIV)

¹ “How long, O LORD? Will you forget me forever? How long will you hide your face from me? ² How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? ³ Look on me and answer, O LORD my God. Give light to my eyes, or I will sleep in death; ⁴ my enemy will say, ‘I have overcome him,’ and my foes will rejoice when I fall. ⁵ But I trust in your unfailing love; my heart rejoices in your salvation. ⁶ I will sing to the LORD, for he has been good to me.”

Psalm 13:1-6 (ESV)

¹ “How long, O LORD? Will you forget me forever? How long will you hide your face from me? ² How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me? ³ Consider and answer me, O LORD my God; light up my eyes, lest I sleep the sleep of death, ⁴ lest my enemy say, ‘I have prevailed over him,’ lest my foes rejoice because I am shaken. ⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶ I will sing to the LORD, because he has dealt bountifully with me.”

WHAT DOES THE PASSAGE SAY:

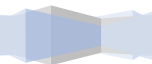
1. What questions went through David’s mind as he waited for God’s answer to his prayer?
(13:1-2)

2. What emotions did David reveal in this psalm? (13:1-6)

3. What did David ask God to do? (13:3)

4. Why did David want God to save him? What impact did David think his death would have on his enemies? (13:4)

5. What character traits of God encouraged David in his despair? (13:5)



6. How did David's illness affect his relationship with God? How did David's emotions change when he reminded himself of God's character? (13:5-6)

7. What expression of confidence concludes this poem? (13:5-6)

8. How did David's memory of the past change his perspective on the present? (13:6)

PSALM 13:5-6 (NLT)

*"But I trust in your unfailing love. I will rejoice because you have rescued me.
I will sing to the Lord because he is good to me."*

David acts with the assurance that his prayers will be answered. He has experienced God's mercy in the past and has confidence that he will receive God's salvation and rejoice. God comes with truth and power. David prayed for illumination and God reminded him of His mercy and reawakened his hope for deliverance. In this psalm, David's thought process has moved from God's silence to God's revelation, to God's salvation. The proper response for David is to worship. God answered David's doubt with His presence.

God is not distant. Our emptiness and desperation overwhelm us and brings despair. What do we do when we have doubts? Pray! Even if all we can do is cry out to God, "How long?" The answer will come.

THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:

9. What role should honesty play in our prayers to God?

10. How does your memory of the past influence your perspective on the present and future?

11. In what specific ways do you think we should follow David's example of questioning God about difficult circumstances?

12. How should life's challenges impact our walk with Jesus Christ?



HOW GOD WANTS ME TO APPLY THIS PASSAGE TO MY LIFE:

13. What past acts of God's goodness to you can you write down as reminders to trust Him today?

SHARE..... 10 minutes

Is your group interested in receiving training on how to share your faith with unbelievers?

If so, please contact the church office with your request at 909.987.3676.

Or ... Write the names and contact information of your group members on this page, take a photo of the information and text it to Judy Rooze at 909.938.1906.

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SERVE 5 minutes

Continue to work on your group's strategy for ongoing service ...

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WORSHIP 15 minutes

Spend time praying in your group for your shared prayer requests. (See page 3)

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Strength for the Doubting Season | October 18-19, 2025

***“God is our refuge and
strength, always ready to help
in times of trouble.”***

Psalm 46:1 (NLT)

STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms



MEMORY VERSE