

B. Surround yourself with righteous friends. (v7)

“Walk with the wise and become wise, for a companion of fools suffers harm.” Proverbs 13:20

“A man who has friends must himself be friendly,...”
Proverbs 18:24a

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.” Ephesians 4:29

“And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it.” I Corinthians 12:26

“Bear one another’s burdens, and so fulfill the law of Christ.” Galatians 6:2

ASK GOD TO USE THIS PSALM TO TURN YOUR SOUR EMOTIONS INTO SWEET EMOTIONS

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms.” James 5:13

SWEET EMOTIONS

Finding Connection When You Feel Alone

Pastor Steve Reynolds

@FB.com/SteveKReynolds

@twitter.com/pastorsreynolds

INTRODUCTION

A. Emotions are both sour and sweet. The Bible shows you how to turn your sour emotions into sweet emotions.

*“3 as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue,
4 by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.”* II Peter 1:3-4

B. How you feel will directly impact your quality of life. In this series, you will learn how to deal with how you feel.

May 12	Finding Strength When You Feel Overwhelmed
May 19	Finding Peace When You Feel Worried
TODAY	Finding Connection When You Feel Alone
June 2	Finding Hope When You Feel Depressed
June 9	Finding Confidence When You Feel Afraid
June 16	Finding Control When You Feel Angry
June 23	Finding Forgiveness When You Feel Revenge

This series is based on the book of Psalms.

C. Text: Psalm 142:1-7 (Pew Bible/Pg 586/Old Testament)

The background of this Psalm is I Samuel 24:1-2.

David was hiding in a cave because King Saul was trying to hurt him. King Saul found out he was there and came after him with 3,000 men.

HOW TO FIND CONNECTION WHEN YOU ARE ALONE

David's Testimony: He was overwhelmed (v3a) because no one cared for his soul (v4b)

Without connection you feel desperation.

I. CONNECT WITH **GOD** (142:1-5)

"For Christ also suffered once for sins, the just for the unjust, that He might bring us to God, being put to death in the flesh but made alive by the Spirit," I Peter 3:18

A. Connect with God through fervent **prayer**. (vs 1-2)

"...The effective, fervent prayer of a righteous man avails much." James 5:16b

"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." Hebrews 4:16

"For thus says the High and Lofty One Who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, With him who has a contrite and humble spirit, To revive the spirit of the humble, And to revive the heart of the contrite ones." Isa. 57:15

"My flesh and my heart fail; But God is the strength of my heart and my portion forever." Psalm 73:26

B. Connect with God through confident **faith**. (vs 3-5)

"The LORD is good, A stronghold in the day of trouble; And He knows those who trust in Him." Nahum 1:7

"8 Look, I go forward, but He is not there, And backward, but I cannot perceive Him;

9 When He works on the left hand, I cannot behold Him; When He turns to the right hand, I cannot see Him.

10 But He knows the way that I take; When He has tested me, I shall come forth as gold."

Job 23:8-10

II. CONNECT WITH **OTHERS** (142:6-7)

"9 Two are better than one, Because they have a good reward for their labor.

10 For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up." Ecclesiastes 4:9-10

A. **Separate** yourself from **unrighteous** friends. (v6)

"17 Now I urge you, brethren, note those who cause divisions and offenses, contrary to the doctrine which you learned, and avoid them.

18 For those who are such do not serve our Lord Jesus Christ, but their own belly, and by smooth words and flattering speech deceive the hearts of the simple." Romans 16:17-18

"Do not be deceived: "Evil company corrupts good habits." I Corinthians 15:33

"14 Do not be unequally yoked together with unbelievers. For what fellowship has righteousness with lawlessness? And what communion has light with darkness?

15 And what accord has Christ with Belial? Or what part has a believer with an unbeliever?"

II Corinthians 6:14-15