**“Praise Him in the Storm”**

* Heavy on Heart
  + Cancer, Roof, Martial struggles, Physical pain, emotional pain
* 1 Thess. 5:16-18  16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
  + Thankful in all circumstances NOT for all circumstances
  + Feelings depend on circumstances=happy, sad, mad, frustrated
  + Song "You are who you are no matter where I am"-Casting Crowns
  + Prayer Change my heart or Change my location
* Bad Things happen to good people
  + Jesus promised that bad things would happen John 16:33 I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”
    - other version says many trials and sorrows for tribulation
    - Jesus promises that you will have storms
  + IDK why, I can't answer it- Way above my pay grade
  + When God Doesn't Make Sense= James Dobson, Focus on the Family Founder
  + What I do know is that we need to praise him in the storm
* How?
  + Psalm 77
  + Asaph author

1 I cry aloud to God ,aloud to God, and he will hear me. 2 In the day of my trouble I seek the Lord; in the night my hand is stretched out without wearying; my soul refuses to be comforted. 3 When I remember God, I moan; when I meditate, my spirit faints. Selah 4 You hold my eyelids open; I am so troubled that I cannot speak. 5 I consider the days of old, the years long ago. 6 I said, “Let me remember my song in the night; let me meditate in my heart.” Then my spirit made a diligent search: 7“Will the Lord spurn forever, and never again be favorable? 8 Has his steadfast love forever ceased? Are his promises at an end for all time? 9 Has God forgotten to be gracious? Has he in anger shut up his compassion?” Selah 10 Then I said, “I will appeal to this, to the years of the right hand of the Most High.” 11 I will remember the deeds of the Lord; yes, I will remember your wonders of old. 12 I will ponder all your work, and meditate on your mighty deeds. 13 Your way, O God, is holy. What god is great like our God? 14 You are the God who works wonders; you have made known your might among the peoples. 15 You with your arm redeemed your people, the children of Jacob and Joseph. Selah 16 When the waters saw you, O God, when the waters saw you, they were afraid; indeed, the deep trembled. 17 The clouds poured out water; the skies gave forth thunder; your arrows flashed on every side. 18 The crash of your thunder was in the whirlwind; your lightnings lighted up the world; the earth trembled and shook. 19 Your way was through the sea, your path through the great waters; yet your footprints were unseen. 20 You led your people like a flock by the hand of Moses and Aaron.

1. Share feelings with God v.1-4
   * Job 31, whole chapter of Job pouring out his feelings to God about what has happened
   * Worries, heartaches, burdens
     + God already knows, but he wants us to come to him so that he can help
     + Like having a teenage child
     + The enemy tries to get us, God allows us to be tested, so that he can see if we will humble ourselves to ask for help
   * God can handle it
     + Jesus endured every heartache we can have, Hebrews 4:15 For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.
     + Bible tells us he is sitting at the right hand of God interceding for us
     + God gave up his son to die on the cross for our sins and we think he can't handle our feelings?
   * It's not sac religious to do so
     + We as followers of Jesus sometimes think this
     + We think that we can't ask God a question
       - Asking God a question, WHY, is not the same as questioning God
       - Now we can't question Him, because his ways are higher than our ways=Bible
2. Recall what he has done v. 11-12
   * Thankful
   * Jody Wells story
     + 1991 In Gatlinburg on family vacation, Ice Skating racing Lee and fell, Elbow hurt-swelled up but never went to the Dr., Reoccuring every once and a while swell up and lock arm
     + Playing softball during that time and in 1997 it swelled at the beginning of the season swelled and wouldn't ever go down, Went to Dr. Broken years ago (Gatlinburg)- drain fluid off and in 2 days swelled back up
     + Had a business meeting at Ebenezer and a lady who was conducting the meeting said that she was an elder in the UMC,
     + Jody remembered the scripture in James 5:14-15 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. . . . .
     + Jody asked the lady, can't remember her name if she mind anointing his elbow and praying over it. Of Course she did
     + Jody didn't necessarily feel anything, but knew in his heart that it had been done.
     + Wasn't instantaneous, but it just kept feeling better and better each day.
     + That weekend played in a Tourney had 3 HR's and he wasn't a HR hitter and these were monsters not just barely over the fence.  Best season of his career finished with 40 HR's and never had another problem with his elbow to this day
   * We have so much to be thankful for and if we will just stop and think we will remember all that he has done
   * One thing that can help us be thankful is to Write down 3-5 things thankful for everyday
3. Praise for faithfulness of past (v.14-20)
   * Psalm 86:15 But you, O Lord, are a God merciful and gracious,

slow to anger and abounding in steadfast love and faithfulness.

* + “You have appointed your testimonies in righteousness and in all faithfulness. My zeal consumes me, because my foes forget your words. Your promise is well tried, and your servant loves it.”
  + Faithfulness defined
    - deserving trust : keeping your promises or doing what you are supposed to do
  + Means that God will do what he says he's gonna do
    - Has always done what he said he was gonna do
  + Will have trouble-remind of John 16:33
  + Faithful in it
    - God remains faithful and will help us through it
    - Footprints in the sand (reference to footprints in VERSE 19)

One night I dreamed a dream.  
As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.  
For each scene, I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.  
I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.   
"Lord, you said once I decided to follow you,  
You'd walk with me all the way.  
But I noticed that during the saddest and most troublesome times of my life,  
there was only one set of footprints.  
I don't understand why, when I needed You the most, You would leave me."

He whispered, "My precious child, I love you and will never leave you  
Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

- by Mary Stevenson

* + Doesn't mean won't hurt
    - Kids in PE
    - But we can look back at the past and know without a shadow of a doubt he has been there

1. Trust future faithfulness
   * Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.
   * 2 Corinthians 1:20 For all the promises of God find their Yes in him. That is why it is through him that we utter our Amen to God for his glory.
   * Trust=KNOW
     + that He provides/sustains
     + God keeps his promises in and through Jesus Christ
   * We know that he holds the future
     + Romans 8:28 And we know that for those who love God all things work together for good, for those who are called according to his purpose.
     + All things work together for good, Like before with the thankfulness in all circumstances, not that all things are good (Storms of life= cancer, sickness, martial problems, etc.) but all things work for good and will be good in the end
     + All things work for the good of our future
     + Chorus from the old hymn, "I know who holds tomorrow" Many things about tomorrow I don't seem to understand But I know who holds tomorrow And I know who holds my hand.
   * Live in ASSURANCE
     + That God has been faithful and will be faithful
     + That he keeps his promises
     + Blessed Assurance hymn **SING IT**

Closing

* In order to get out of the storm praise comes first
  + Praise must come first
* Exercise in Praise  
  + Be thankful
* One thing
* Facebook Ebenezer each day list something your thankful for and tag us in it.