

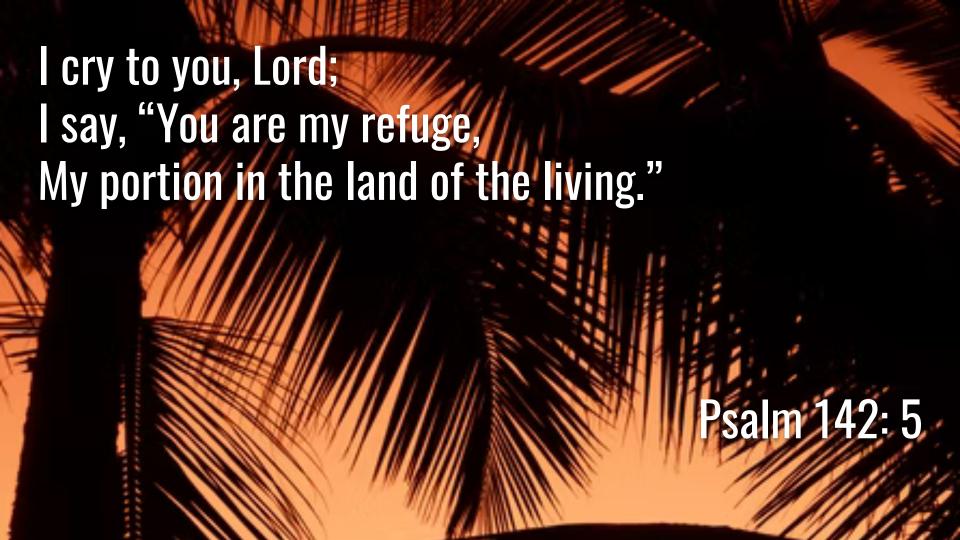


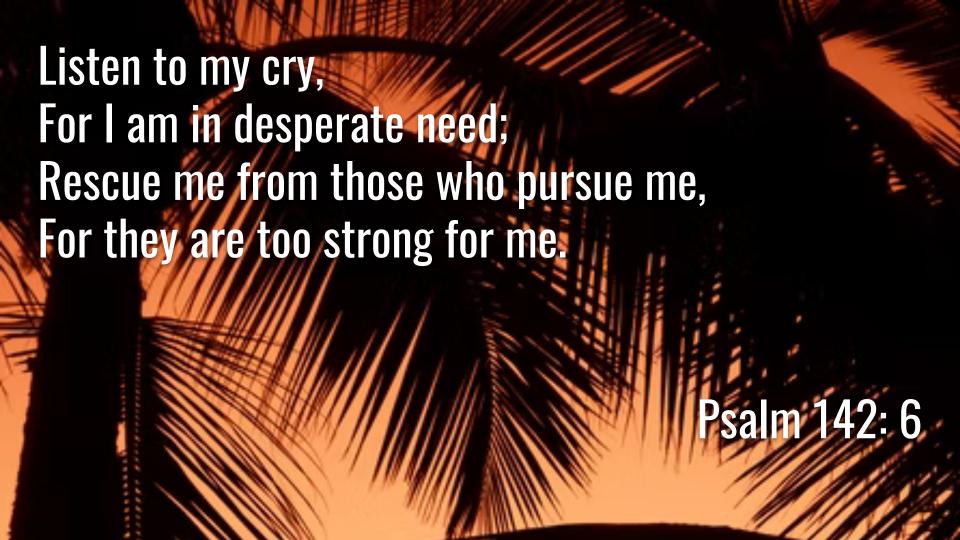
I cry aloud to the Lord; I lift up my voice to the Lord for mercy. I pour out before him my complaint; Before him I tell my trouble. When my spirit grows faint within me, It is You who watch over my way

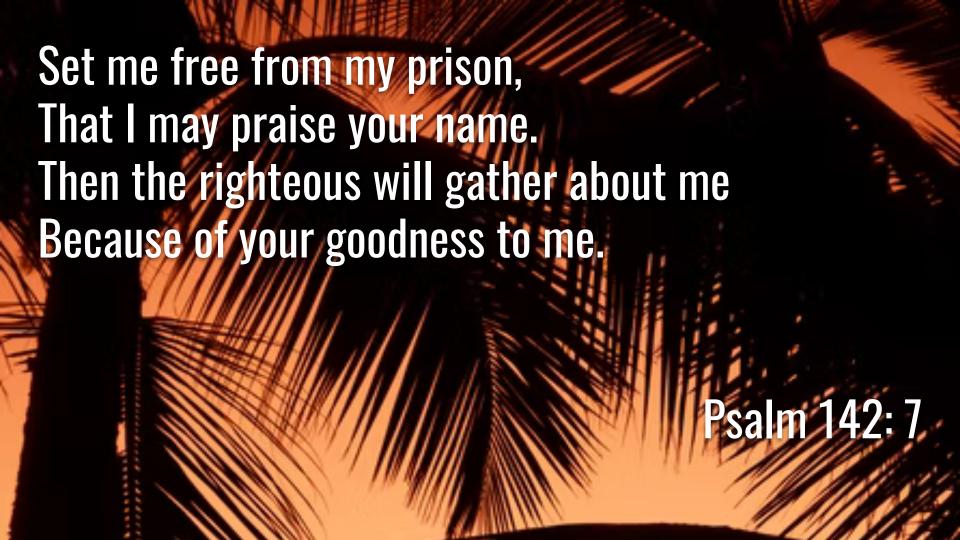
Psalm 142: 1-3a

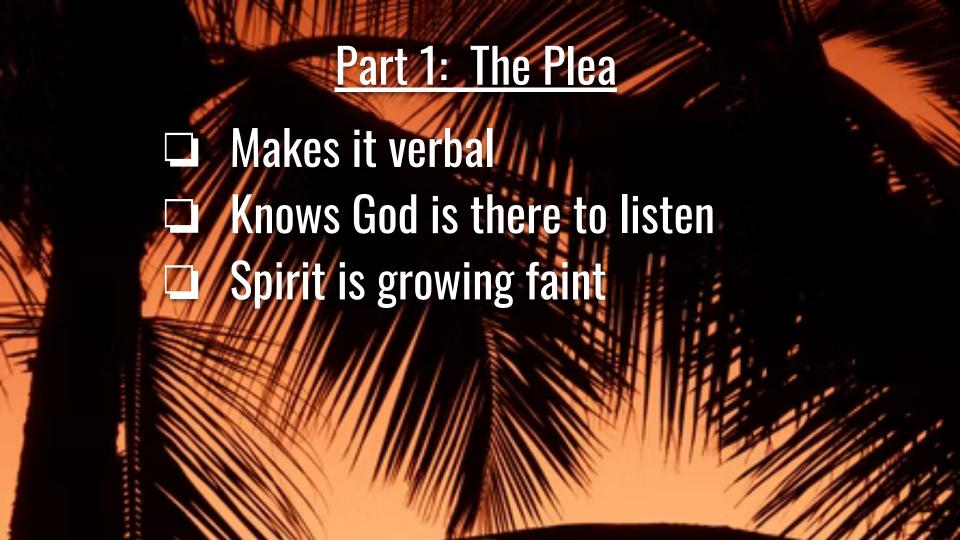
In the path where I walk People have hidden a snare for me. Look and see, there is no one at my right hand; No one is concerned for me. I have no refuge; no one cares for my life.

Psalm 142: 3b-4







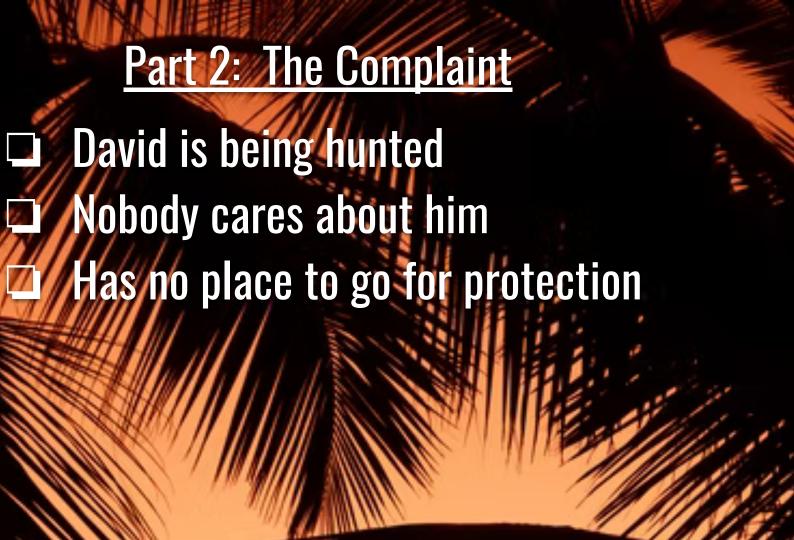




- When things are at their worst it can feel lonely
- Silence increases isolation
- Make your plea

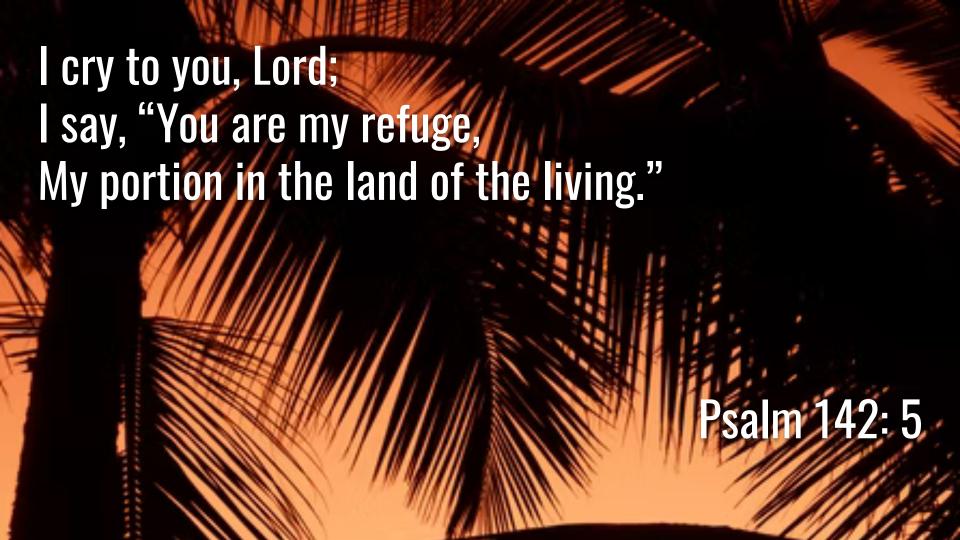
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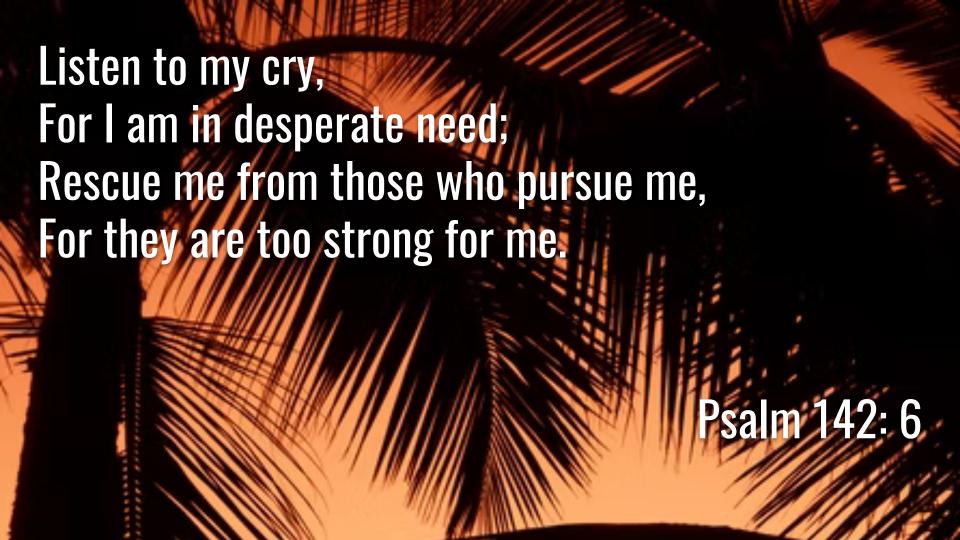
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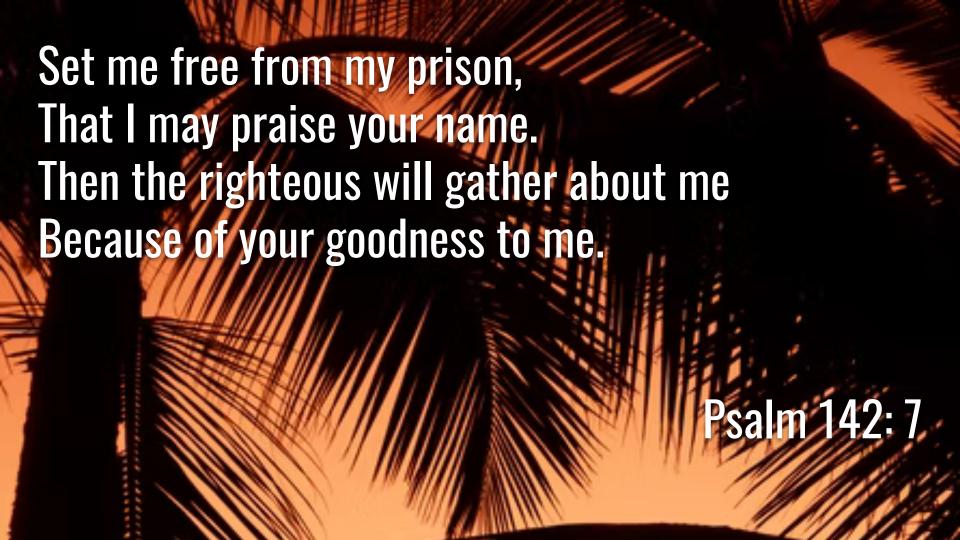


Part 2: The Complaint

- At times we will all feel trapped or cornered
- When it feels like nobody cares, God still does care











- Acknowledge God as your safety zone
- Admit you need God's strength
- Ask God to free you!
- Be with others

Closing

- ☐ God is our safety zone against attack
 - Make your plea, make your complaint, let God free you
- Jesus is our safety zone against sin
 - His death keeps us safe from God's judgement against
- We're safe from everything around us and our own sin