

## Psalm 42

- Read Psalm 42 (Jayne Crawford?) as the opening slides are moved through.
    - deer - v.1
    - river - v.2
    - girl - v.3
    - graveyard - v.5
    - waves - v.7
    - boy - v.11
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## Power to Protect?

- Tell folk about the time at Scoughall I felt like giving up
  - Tell person next to you a time when you've felt like giving up
  - We're learning today about a time when God's power protected Elijah at a time he felt like giving up
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## Power to Protect!

### Elijah's comfort checklist

- He is physically refreshed - with sleep, food and water (v.5,6)
- He is given a fresh revelation of the Lord (v.11-13)
- He is heard by God (v.9,10,13,14)
- He is given direction (v.15)
- He is reminded that he is not alone (v.18)
- He is given practical help (v.19-21)

### Christians' comfort checklist

- Physical health: eg enough rest, exercise
- Do we have a nourishing, balanced diet?
- In workplace, school or home, are we overworked or in need of extra practical support?
- Relationship with God: are we growing in it? (Reading the Bible, prayer?)
- Are we having the encouragement of meeting together with other Christians?

## Prayer for Courage

- *Back to the PowerPoint pics again, second set...*
- *Standing? Seated?*
- *Disturb us, Lord*, when we are too well-pleased with ourselves. (*cruise liner*) When our dreams have come true because we dreamed too little. When we arrive safely because we sailed too close to the shore.
- *Disturb us, Lord*, when with the abundance of things we possess. (*life-jacket*) We have lost our thirst for the waters of life; having fallen in love with life, we have ceased to dream of eternity, and in our efforts to build a new earth, we have allowed our vision of the new Heaven to dim.
- *Disturb us, Lord*, to dare more boldly, (*stormy sea*) to venture on wider seas, where storms will show your mastery; where, losing sight of land, we shall find the stars; we ask you to push back the horizon of our hopes, and push us in the future in strength, courage, hope and love. (*rowing boat*)
- *This we ask in the name of our Captain, who is Jesus Christ.*
- *Then Benediction*