1. **He Hears My Voice**

Psalm 55:16-17 (NASB)

16 As for me, I shall call upon God, And the Lord will save me.

17 Evening and morning and at noon, I will complain and murmur,

And He will hear my voice.

**Truth: The Lord hears me all the time.**

**Action: Pray all the time. Morning noon and night.**

1. **Nothing Can Separate**

Romans 8:38-39ESV

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

**Truth: I cannot be separated from the Lord.**

**Action: Thank Him that He’s got you! And no matter what the storm is doing, He is not letting go.**

1. **Come to Me**

Matthew 11:28-30 ESV Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Psalm 4:8 ESV In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety.

Proverbs 3:24 ESV If you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Psalm 127:2 ESV It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

**Truth: He gives rest to those who come to Him.**

**Action: Go to Him!!!**

1. **Green Pastures**

Psalm 23:1-6 ESV

**A Psalm of David.** The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

**Truth: He protects me in the midst of the storm. He has the power to do it.**

**Action: Get restored!**

1. **Those Who Hope**

Isaiah 40:28-31 ESV

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

**Truth: He gives us strength when we need it.**

**Action: Do not trust in your own strength. Go to Him in weakness.**

1. **Lead Me to the Rock**

Psalm 61:1-8 ESV

Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint (overwhelmed). Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy. Let me dwell in your tent forever! Let me take refuge under the shelter of your wings!

**Truth: He is a strong sanctuary when I am being attacked or feel burdened.**

**Action: Read His Word daily!! That is the Rock you build your house on!!**

1. **Groanings too Deep for Words**

Romans 8:26-27 ESV

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

**Truth: When we can’t even think straight the Holy Spirit intercedes for us in ways we can’t imagine.**

**Action: Ask for help for the Holy Spirit!**

1. **As a Father *C*arries His Son**

Deuteronomy 1:29-31 ESV

Then I said to you, ‘Do not be in dread or afraid of them. The Lord your God who goes before you will himself fight for you, just as he did for you in Egypt before your eyes, and in the wilderness, where you have seen how the Lord your God carried you, as a man carries his son, all the way that you went until you came to this place.’

**Truth: The Lord fights for you and carries you all the way.**

**Action: Allow yourself to be carried. Allow Him to take your burdens!**

1. **The Peace of God**

Philippians 4:7 ESV And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Proverbs 3:5-6 ESV

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. [***He’ll show you which path to take****]*

**Truth: His peace guards and protects you in the midst of the storm in a way that is beyond the world’s understanding. This is for His glory.**

**Action: Give Him the glory and ask Him for direction in the midst of His peace.**

1. **My Help Comes from the Lord**

Isaiah 41:10 ESV

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Psalm 121:1-8 ESV I lift up my eyes to the hills [mountains]. From where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber.

**Truth: He is God. He is your God. He is your help and no other.**

**Action: Praise Him with Thanksgiving. Honor Him as your God in all that you do.**