

SOURCE OF STRENGTH

9 ENERGIZING TRUTHS FROM PSALM 139

Truth #9:
I'm Happiest When I Let
Go and Let God
Psalm 139:23-24

Truths about Happiness

1. We can't _____
2. We don't seize it... _____
3. Most moments _____
4. It is when we are _____

There are times, especially around the holidays, when we want to feel happy, but we are not. Many of us try to do something to make ourselves feel better. Rather than bring our feelings to God, we hide our emotions. We take, eat, drink or buy something to medicate and distract ourselves, anything but cry out to God. And sometimes we snap, like David did in 1 Samuel 25.

How can I really let go:

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24

David's Steps to Letting Go:

1. Let go of your _____

"Search me, O God, and know my heart." Psalm 139:23a

"Delight yourself in the Lord and he will give you the desires of your heart." Psalm 37:4

"Now since the LORD has kept you...from avenging yourself with your own hands..."

1 Sam. 25:26a

"...for the LORD will certainly make a lasting dynasty for you, because you fight the

LORD's battles." 1 Sam. 25:28b

2. Let go of your _____

"Test me and know my anxious thoughts." Psalm 139:23b

"So do not worry...your heavenly Father knows (what) you need. But seek first his kingdom and his righteousness, and all these things will be given to you as well." Matt. 6:32b-33

"Even though someone is pursuing you to take your life, your life will be bound securely in the bundle of the living by the LORD your God." 1 Sam. 25:29

3. Let go of your _____

"See if there be any offensive way in me." Psalm 139:24a

"Then I acknowledged my sin to you and did not cover up my iniquity." Psalm 32:5

"You will not have on your conscience the staggering burden of having avenged himself." 1 Samuel 25:31

4. Let God _____

"And lead me in the way everlasting" Ps. 139:24b

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will direct your path." Proverbs 3:5-6

Daily Meditations

Based on this weekend's theme

This week's memory verse: *"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Psalm 139:23-24*

Monday

Read Psalm 139. Write down three things you have learned studying Psalm 139.

- 1.
- 2.
- 3.

Look back over the "truths about happiness" in your notes. How have you seen these truths play out in your life?

What are the benefits to letting God step in and supply your happiness?

Thank God today that loves you and desires the best for you. Ask Him to give you the patience to wait for Him to supply your wants and needs. Spend some time talking to Him about the things that are hard for you to let go of. Commit them to Him - His ways and His timing.

Tuesday

Read Psalm 37:4 & 139:23. It is difficult to let go of our personal desires. What desires does God see right now as He searches your heart?

Reread Psalm 37:4. How have you seen the truth of this promise in your life? Write down some personal desires you have now that you're struggling to let go of. How can you apply the promise of this verse and your past experience with God to those struggles?

How can surrendering your desires to God make you happier?

Thank God today that He knows your heart and your desires. Ask Him to search you and give you the desire to delight yourself in Him and the faith to trust His promises.

Wednesday

Read Psalm 34:4-5, 139:23, Matt. 6:32-34 & Phil. 4:6. Write down the things - big or little - that are causing you anxiety right now. Why is it difficult for you to let go of fears and anxieties?

What truths do these verses teach you about God's concern for your fears and anxieties?

Write down two ways you can apply these verses to the specific things that cause you anxiety right now.

Thank God today that He cares about what you care about. Talk to Him about your list of anxieties. Ask Him to guide you through life and remind you often of His love and care for you.

Thursday

Read Psalm 32:5, 139:24 & Phil. 4:5. Think back over the last few days, how are you most tempted to be hurtful?

How can letting go of your hurtful ways clear the way for happiness?

How does knowing that God understands your heart and desires help you surrender hurtful actions and ways to Him?

Honestly talk to God about the ways you are tempted to hurtful actions. Confess to Him the hurtful thoughts that you struggle with. Ask Him to soften your heart, grow you and give you a gracious spirit towards those you interact with.

Friday

Read Psalm 139:24, 143:9-11 & Proverbs 3:5-6. Do you think of yourself as a leader or a follower? How does that impact your relationship with God?

Think back over the areas of your life where you are struggling to let go of something or someone. Be still before God and ask Him how He would lead you. Write down some things that come to mind.

Write down three characteristics of someone who follows God. How can you incorporate those into your life today?

Thank God today that you are not alone in life. Ask Him to lead you today and pray that you'll be willing to follow Him!

Saturday

Please pray for the services this weekend, that hearts will be changed and that God will be honored. Also, please keep the Christmas opportunities for fellowship, outreach, and service in prayer! Thank you!