

# Through Life's Ups



# & Downs (Vol. 1)

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**Week 1: July 2, 2017**

## When You're a Hot Mess

(Psalm 6)

Introduction: "Spectacularly" Disordered or Unsuccessful...Check!

*What is David feeling?*

- Physical Pain.
- Intense Emotional Distress and Grief.
- Attacked by His Enemies.
- Abandoned by God.

*What advice would David give us when we're a hot mess?*

- Tell God exactly what you are feeling.
- Remember who God is.
- Ask God directly for help.
- Choose to have hope in God.

Conclusion:

- What things besides God are you depending on to hold your life together? What will happen when they are not enough?
- How vulnerable and dependent are you willing to become on God when you feel like a hot mess?