

**Hashtag
#MeToo**

He lifted me out of the ditch, pulled me from deep mud. He stood me up on a solid rock to make sure I wouldn't slip.

Psalm 40:2 MSG

Secret Hurts Affect:

I. My _____.

These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

Psalm 42:4 NIV

II. My _____.

My tears have been my food day and night, while people say to me all day long, "Where is your God?" **Psalm 42:3 NIV**

III. My _____.

Why, my soul, are you downcast? Why so disturbed within me?

Psalm 42:5a-b NIV

You Need:

I. A Renewed _____.

19 I remember my affliction and my wandering, the bitterness and the gall. **20** I well remember them, and my soul is downcast within me. **21** Yet this I call to mind and therefore I have hope:

22 Because of the Lord's great love we are not consumed, for his compassions never fail. **23** They are new every morning; great is your faithfulness. **Lamentations 3:19-23 NIV**

II. A Renewed _____.

9 Two are better than one, because they have a good return for their labor: **10** If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

11 Also, if two lie down together, they will keep warm. But how can one keep warm alone? **12** Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. **Ecclesiastes 4:9-12 NIV**

III. A Renewed _____.

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. **Isaiah 58:10**

Additional Notes:

**Hashtag
#MeToo**

He lifted me out of the ditch, pulled me from deep mud. He stood me up on a solid rock to make sure I wouldn't slip.

Psalm 40:2 MSG

Secret Hurts Affect:

I. My Thoughts.

These things I remember as I pour out my soul: how I used to go to the house of God under the protection of the Mighty One with shouts of joy and praise among the festive throng.

Psalm 42:4 NIV

II. My Feelings.

My tears have been my food day and night, while people say to me all day long, "Where is your God?" **Psalm 42:3 NIV**

III. My Actions.

Why, my soul, are you downcast? Why so disturbed within me?

Psalm 42:5a-b NIV

You Need:

I. A Renewed Reality.

19 I remember my affliction and my wandering, the bitterness and the gall. **20** I well remember them, and my soul is downcast within me. **21** Yet this I call to mind and therefore I have hope:

22 Because of the Lord's great love we are not consumed, for his compassions never fail. **23** They are new every morning; great is your faithfulness. **Lamentations 3:19-23 NIV**

II. A Renewed Relationship.

9 Two are better than one, because they have a good return for their labor: **10** If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.

11 Also, if two lie down together, they will keep warm. But how can one keep warm alone? **12** Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken. **Ecclesiastes 4:9-12 NIV**

III. A Renewed Reason.

Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. **Isaiah 58:10**

Additional Notes:
