



## Part 1: Finding the Lowest Place

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***There are words that sting...***

***There are words that soothe...***

***There are words that sustain...***

I will never leave you or forsake you. – Joshua 1:5

I am with you always.  
– Matthew 28:20

He heals the brokenhearted  
and binds up their wounds.  
He determines the number of  
the stars  
and calls them each by name.  
Great is our Lord and mighty  
in power;  
his understanding has no limit.  
The Lord sustains the humble...  
– Psalm 147:3-6

### **A Picture of Low Responses**

#### **The First Lesson from the School of Low: When you're low, go lower.**

Though I am lowly and despised,  
I do not forget your precepts. – Psalm 119:141

#### **The Stages of Low**

##### ***The Cry***

Out of the depths I cry to you, O Lord... – Psalm 130:1

I sink in the miry depths,  
where there is no foothold.  
I have come into the deep waters,  
the floods engulf me.  
– Psalm 69:2

Rescue me from the mire,  
do not let me sink;  
deliver me from those who hate me,  
from the deep waters.  
– Psalm 69:14

##### ***The Question: How long?***

My soul is in deep anguish.  
How long, Lord, how long? – Psalm 6:3

## **The Tension**

You have put me in the lowest pit,  
in the darkest depths. – Psalm 88:6

## **The Hope and Promise**

Where can I go from your Spirit?  
Where can I flee from your presence?  
If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.  
If I say, “Surely the darkness will hide me and the  
light become night around me,”  
even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.  
– Psalm 139:7-12

Though you have made me see troubles, many and  
bitter, you will restore my life again;  
from the depths of the earth  
you will again bring me up.  
– Psalm 71:20

He reached down from on high and took hold of me;  
he drew me out of deep waters.  
– Psalm 18:16

The Lord protects the unwary;  
when I was brought low, he saved me.  
– Psalm 116:6

He raises the poor from the dust  
and lifts the needy from the ash heap.  
– Psalm 113:7

## **Next Steps**

MISSIONS OFFERING: Today you have an opportunity to give toward our annual missions offering. Details about our 2017 recipients are on today's program insert. If God is prompting you to give, please use the blue envelope included in today's program, or choose Missions if you give online.

EASTER SEASON: Easter is just 4 weekends away, and we're focusing on two things as a church: inviting people and building volunteer teams to serve them. You can be part of both.

- Look over the volunteer insert in today's program and choose a time and place to serve
- Ask God who he would have you invite to an Easter service, and pick up and invitation in the Commons for each person he brings to mind. Make the invitation in person and give them the card as a reminder.

## **Small Group Questions**

- 1) What's the highest height you've ever been with your feet still on the ground? (Airplanes don't count!) What did you learn or experience there?
- 2) What has been the lowest emotional point of your life? Why?
- 3) Why do you think people expect to bounce back when they hit a low moment? What do you think about God's plan to stay low, go lower, and let him lift you out of the pit?
- 4) Review all David's psalms in the outline and also read Psalm 86. Where you do find yourself? In the cry? In the question? In the tension? In the hope and promise?
- 5) In your lowest moments, how have you experienced Jesus?
- 6) How can we pray for you right now and throughout the week?