



Ever Want to Get Away?

Have you ever felt over your head, so troubled, so frightened, so overwhelmed that you just want to get away? Do you ever feel so emotionally overwhelmed that you just want to run away? Did you know that feeling is in the Bible? Where are you on a scale of 1-10 where 1 is want to get away and 10 is home with God? Take a few minutes to listen to those in your group.

Reading for today Psalm 55:6-8 David wants to get away
I said, "Oh, that I had the wings of a dove! I would fly away and be at rest - I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm"

In depth group discussion:

What feelings does this topic bring out?	What is the reality of your situation?	Where do you feel the least confident?
What questions do you have about this topic?	What information do you need?	How can your group pray for you?

Psalm 55:16-17 David takes it to the Lord
*But I will call to God, and the Lord saves me
 Evening, morning and at noon time I cry out in distress, and He hears my voice.*

Thought for the week:

David ends his thoughts about his feelings of flight this way in Psalm 55.

Psalm 55:22 says, "Cast your cares on the Lord and He will sustain you."

(see 1 Pet 5:7)

Psalm 55:23b "But as for me, I trust in You!" This is David's conclusion after all his turmoil.

Principle: Trusting God is a decision

Assignment: Visit Psalm 55 several times this week and seek God's word for you.

"When we are no longer able to change a situation, we are challenged to change God? ourselves." -Victor Frankl