



Part 2: Lifting Us Out of Distress!

Psalm 25:1-22 NIV

Psalm 25 is written by David in a time of distress:

Turn to me and be gracious to me, for I am lonely and afflicted. 17 Relieve the troubles of my heart and free me from my anguish. 18 Look on my affliction and my distress and take away all my sins. 19 See how numerous are my enemies and how fiercely they hate me! (v.16-19)

Prayer lifts us out of our distress!

Supplication and meditation are good medication! - Rev. Bill Kirk

4 things to KNOW so you can pray victoriously:

- **You can LOOK to God!**

In you, Lord my God, I put my trust. (v.1)

I lift up my eyes to the mountains—where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth. (Ps 121:1-2 NIV)

- **You can TRUST God!**

I trust in you; do not let me be put to shame...3 No one who hopes in you will ever be put to shame...my hope is in you all day long...Remember, Lord, your great mercy and love, for they are from of old. (V.2-3,5-6)

And hope does not put us to shame (Rm 5:5 NIV)

For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope. (Rm 15:4 NIV)

- **God will GUIDE you!**

Show me your ways, Lord, teach me your paths. 5 Guide me in your truth and teach me...9 He guides the humble in what is right and teaches them his way. 12 Who, then, are those who fear the Lord? He will instruct them in the ways they should choose. (v.4-5,9,12)

- **God will REWARD your obedience!**

All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant...forgive my iniquity, though it is great...He will instruct them in the ways they should choose. They will spend their days in prosperity, and their descendants will inherit the land. The Lord confides in those who fear him... (v.10-14)

Suggested Reading Plan: [Psalms](#)

Announcements:

- **Sunday Service @ 10 AM.** Visit newlife-saugerties.org for our location and livestream link. KidZone is available for ages 5-11. Find sermon notes, suggested Bible reading plan, prayer request form, and connection card under "Events" on the [YouVersion Bible App](#).
- **Wednesday Evening Services** are suspended for the summer.
- **Hope Rocks Festival** August 20-21 @ Cantine Field. See Deb Tobiassen to find out how you can help!
- **Donations will be received during the month of August for the [Hoving Home](#)!** We want to bless the Hoving Home Choir who will join us for worship at Hope Rocks on August 21, and sponsor a table at their 55th Anniversary Banquet on September 29. *Checks can be made payable to New Life Church. Include "Hoving Home" in the memo or on your offering envelope.*