Sermon Notes  
Sunday, September 9, 2012  
The Covering, Part 2: Shelter from Broken Hearts  
Psalm 142

God, hear my cry;  
pay attention to my prayer.  
2 I call to You from the ends of the earth  
when my heart is without strength.  
Lead me to a rock that is high above me,  
3 for You have been a refuge for me,  
a strong tower in the face of the enemy.  
4 I will live in Your tent forever  
and take refuge under the shelter of Your wings. Selah  
Psalm 61:1-4 HCSB

I. As sure as the sun rises each day you will experience desperate times.  
Psalm 142:1-2 HCSB

II. One of the most difficult challenges you will face in your life comes  
when it “seems” like it is just you against the world.  
Psalm 142:3-4 HCSB  
Lamentations 1:20-21  
Psalm 22:6-8

III. God is always there for you to rescue you and give you freedom.  
Psalm 142:5-7 HCSB  
Joshua 1:5  
Matthew 28:20  
Hebrews 13:5

The One Big Point  
If you don’t get anything else form today’s message, make sure you  
understand this … your heartbreaks are common to everyone. While they feel  
unique get this … God is there to uniquely bring you comfort, strength, and  
deliverance.

Taking Action  
During painful times it is hard to do anything but hurt. However, mercy,  
comfort and hope are found in Jesus. Stop and give it up. Turn your troubles  
over to Him and trust where He takes you.
Going Deeper
The following verses will help you gain a deeper understanding of today’s message: Monday – Psalm 22; Tuesday – Psalm 25; Wednesday – Psalm 31; Thursday – Psalm 46; Friday – Psalm 23

Got Questions?
If you have any questions regarding today’s message, please feel free to ask them at: TLBary@neptunebaptist.org