



## Memorize 1 Thes 5:16-18

### Think about it:

***What do we typically see in the darkness? How can you give this to the Lord?***

Nothing...and in abundance

Fear

Intimidation

Hopelessness

Despair

Loneliness

Danger

Enhanced Pain (pain is always worse at night isn't it?)

Discouragement

Shame

Guilt

### To Do This Week: Write out the verses that confirm this

- Feeling numb or invisible – Know God sees you
- Focused on Fear – put your focus on the Father
- Intimidation is your bff – stand tall knowing God has you & will never fail
- Hopelessness griping your heart – Celebrate the God of HOPE DAILY
- Loneliness taking over – Know you are never alone
- Chronic Pain stealing your joy – know the giver of Life chooses you
- Discouragement got you down – Encourage others & encourage yourself
- Shame from past sins – God doesn't remember confessed sin

