

**Talk Outline – Distress & Hope: Presence (Psalm 139, Matt 6:25-34 & Heb 4:14-5:10)**

**Talk 1: Psalm 139 — God knows**

Being Fully Known

God's Knowledge (139:1-6) – God knows me completely

God's Presence (139:7-12) – God is with me everywhere

God's Power (Psalm 139:13-18) – God made me and holds my life

David's Prayer (Psalm 139:19-24) – a right response

Implications

Affliction is real

Emotions are Acknowledged

Emotions are not Ultimate

The need for God's Help

**Talk 2: Matthew 6:25-34 and Hebrews 4:14-5:10 — Jesus knows**

Jesus redirects our Worry (Matt 6:25-34)

Jesus makes access to God possible (Heb 4:14-5:10)

Come in our Time of Need

1. Jesus gives hope in the middle of distress
2. Jesus gives us a healthier way to know ourselves
3. Jesus leads us toward help, not isolation

Implications

Jesus shows us how to suffer faithfully

Jesus walks with us in affliction

Jesus gives us the people that we need