

SERMON NOTES

FOR BREAKING STRONGHOLDS

PSALM 142:1-7

AUGUST 2, 2026

BIBLICAL COUNSELING PASTOR

SAM BRYANT



I. _____ out to the Lord in humble lament. (1-2)

II. Honestly _____ your despair with your King. (3-4)

III. _____ in the Lord as your refuge and great deliverer. (5-7)

IMPACT GROUP QUESTIONS

KEY PASSAGE: PSALM 142

Opening: What truths impacted you most from the sermon/passage? *Cry out to the Lord in humble lament; Honestly share your despair with your King; Rest in the Lord as your refuge and great deliverer.*

INFORM THE HEAD/STIR THE HEART

Please read Psalm 142 and answer the following questions:

1. Why do you think it's easier to complain to other people than to cry out to God with our complaints? How is complaining to the Lord an act of faith?

2. Please list all the verbs (action words) that refer to the psalmist. What insight do these words give you about bringing our struggles and complaints to the Lord?

3. What is the psalmist asking the Lord to do and why?

4. Please use verses 5 and 7 to answer the complaint of verse 4. What does this tell you about the heart of God, and His response to our struggles?

CHALLENGE THE WILL

What is one thing from this passage that you will apply to your life—in your actions, thoughts, or desires—to better center your worship on the Lord?

WEEKLY READING PLAN

Monday, August 3 // Psalm 13
How Long, O Lord?

Tuesday, August 4 // Psalm 130
I Cry to You

Wednesday, August 5 // Lamentations 3:19-33
Remember His Love and Hope in Him

Thursday, August 6 // Psalm 62
Trust in Him at ALL Times

Friday, August 7 // Matt. 9:35-38, John 3:16-18
For the Harvest