

## We are at War Rebuilding after the Battle

1. Don't carry your frustration, give it to God!

LAM 3:1  
LAM. 3:17-18

2. Don't focus on my pain, focus on God's love.

LAM 3:19-26  
LAM. 3:31-33

3. Spend time with God and don't get in a hurry!

LAM. 3:28-29 (Mes) *“When life is heavy and hard to take, go off by yourself. Enter the silence! Bow in prayer. Don't ask questions. Wait for hope to appear.”*

MT. 6:6 (Mes) *“Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.”*

LAM 3:25-26 *“The Lord is good to everyone who trusts in him, So it is best for us to wait in patience—to wait for him to save us.”*

4. Work on changing the only things you can.

LAM 3:40 *“Let us examine our ways and test them, and let us return to the Lord.*  
LAM. 3:53-57

5. Go to God with your fears and anxieties.

PS. 34:4  
PS 27:13

### There are 3 powerful ways out of fear and anxiety

1. TRUTH    *“the truth will set you free”*
2. LOVE    *“perfect love casts out all fear”*
3. FAITH

### Thank God in advance for restoring you.

LAM. 5:21 *“Restore us, O Lord, and bring us back to you again! Give us back the joys we once had!”*