

For when you're
feeling... *Low*



John 16

Very truly I tell you, you will weep and mourn while the world rejoices. You will grieve but your grief shall be turned into joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you; now is your time of grief, but I will see you again and you will rejoice and no one will take away your joy. In that day you will no longer ask me anything. Very truly I tell you, my Father will give you whatever you ask in my name. Until now, you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

Other passages

2 Corinthians 4:1-18

Though outwardly we are wasting away yet inwardly we are being renewed daily

2 Corinthians 12:9-12

When I am weak, then I am strong

Romans 8:18-30

The Spirit helps us in our weakness

2 Corinthians 6:3-10

Sorrowful yet always rejoicing

Psalms 61

Hear my cry, O Lord

Mark 14:32-41

Take this cup away from me

John 20:11-18

Woman, why are you crying?

He will cover
you with His
feathers, and
under His
wings you
will find
Refuge.

⇒ psalm 91:4



Verses

He will wipe away every tear from their eyes. There will be no more death or mourning or crying or pain.
Revelation 21:4

I can do all things through Christ who strengthens me
Philippians 4:13

Though I have fallen, I will rise
Micah 7:8

He will cover you with his feathers and under his wings you will find refuge
Psalm 91:4

Though he may stumble, he will not fall
Psalm 37:23



Music

- When the Tears Fall - Tim Hughes
- Running in Circles - United Pursuit
- Trading my Sorrows - Darrell Evans
- O Come to the Altar - Elevation
Worship
- Lord, I Need You - Chris Tomlin
- Dry Bones - Worship Central

Contemporary Reading

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.