

## TAKE HOME SHEET



**Series:** Unsettled  
**Message:** Learning the Symptoms  
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How does it make you feel when you read Psalm 90:10?

*Seventy years are given to us! Some even live to eighty. But even the best years are filled with pain and trouble; soon they disappear, and we fly away.*

**There are two extremes of thought we need to be aware of and avoid:**

The **first** extreme is to give into hopelessness that all of life is destined to be miserable. The **second** is to believe the hype that some try to sell (usually the price of a book, seminar or subscription) that if we just do the right things, we can avoid all pain and suffering in this life – basically have heaven on earth.

God tells us in the Bible that we will have difficulty, pain, loss and suffering in this life but that we can also experience peace, joy and fulfillment as blessings from Him. The following are promises that God makes to all of us when we choose to surrender our lives to trust and follow His son Jesus.

*<sup>11</sup> “For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope. <sup>12</sup> In those days when you pray, I will listen. <sup>13</sup> If you look for me wholeheartedly, you will find me. <sup>14</sup> I will be found by you,” says the LORD.” I will gather you out of the nations where I sent you and will bring you home again to your own land.”*  
Jeremiah 29:11-14 (NLT)

*Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Philippians 4:6-7 (NLT)

*I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. <sup>13</sup> I can do all things through Him who strengthens me.*  
Philippians 4:12-13 (NASB)

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.*  
Psalm 23:4 (NLT)

*<sup>3</sup> All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. <sup>4</sup> He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.*  
2 Corinthians 1:3-4 (NLT)

**BIBLE TRANSLATIONS:**

MSG – The Message

NASB – New American Standard Bible

NLT – New Living Translation