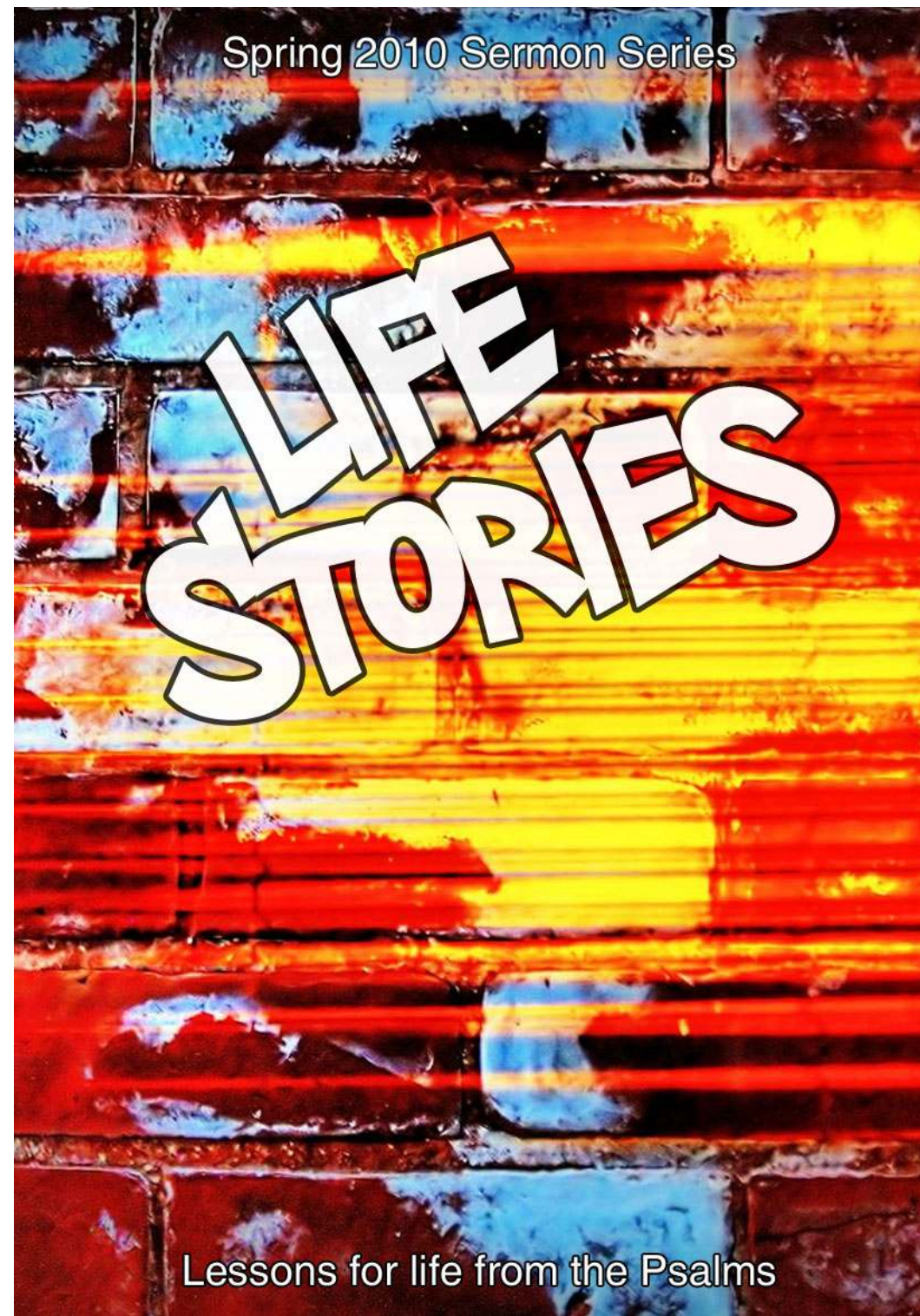




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# LIFE STORIES

Do you find that there are times when you feel like you are on top of a mountain, and other times when you're in the bottom of the valley? Handling emotions well and in a Godly way whatever circumstances of life we find ourselves in is something we all know we should do, but so often struggle with.



The Psalms give us a fantastic insight into how David expressed to God how he was feeling when times were good and tough. Over eight Sunday mornings from January we are going to look at how David's emotions seen in the Psalms relate to real life situations he faced, and how this can help us to handle our emotions in a Godly, holy and liberating way.

At the start of a new year, would you like to know a new depth in your relationship with God and others? Then join us for what might be an exciting breath of fresh air to live in the freedom Jesus offers us.

Pastor Chris

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## 10th Jan: Knowing Real Joy - Psalm 18

A celebration of God's goodness, faithfulness and trustworthiness; discovering our joy in seeing the Lord's plans being fulfilled and succeeding.

Andrew Gardner

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## 17th Jan: Coping With Surprises - Psalm 34

Life sometimes places us in situations we never expected to find ourselves in that are outside of our control. Learning to praise God in tough times leads to godliness in the situation.

Chris Drury

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## 24th Jan: Conquering Fear - Psalm 3

Finding hope and peace in the middle of the storm, when we are under stress and pressure and there seems no rest or respite from circumstances.

Andrew Gardner

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## 31st Jan: Trusting Through Tough Times - Psalm 23

Its not our circumstances that dictate how we feel, but the lies we believe about the circumstance that shapes our response. Learning to believe the truth can transform our trust.

Trevor Crawford

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## 7th Feb: Swimming Against The Tide - Psalm 52

Coping with injustice, when evil seems to prosper over good, and we are swimming against the tide can leave us frustrated and sad. Learning to cope when life's not fair can be truly liberating.

Andrew Gardner

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## 14th Feb: In Your Anger, Do Not Sin - Psalm 57

Learning to handle our anger in a godly way, and respond appropriately when we have opportunities to seek revenge can transform our relationships and release us to live.

Chris Drury

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## 21st Feb: Mending Messy Mistakes - Psalm 51

Moving from a place of mistakes to a place of starting again, facing up to our responsibilities and owning our wrong choices before God, can release us from an uncertain future into a place of hope and second chances.

Andrew Gardner

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## 28th Feb: Living In The Promises of God - Psalm 110

Living in the promises of God, when promises aren't seen or fulfilled as we hope, involves us learning to live with disappointments whilst standing on tiptoe.

Andrew Gardner