

In My Sorrow

Psalm 42

Sorrow happens.

Examine your emotions.

Call on all your capabilities.

Considerations for the week

What discourages you?
How do you deal with discouragement?

There are times when sorrow crushes us and times when hope prevails. Think of several seasons of sorrow you've known. Look for patterns that might help predict when sorrow will be bearable. Tell what helped you bear it – memories, people, readings, etc. What might have made it easier for you and how can you use your experiences to help others?

Our souls thirst; our hearts desire.
What will satisfy?

The psalmist called upon his capabilities:
controlling the dialogue ([v. 5](#))
focusing on God ([v. 6-7](#))
singing to God ([v. 8](#))
praying his emotions ([v. 9-11](#))
Which of these do you find most difficult?
Which are most helpful?

God alone is the satisfier of our souls.
Choose this week to allow yourself to thirst
for the living God.

When we are crushed like grapes, we cannot think
of the wine we will become. – Henri J. M. Nouwen

*Please use these considerations for personal reflection,
small group discussions, and with friends and family.*



Why, my soul, are you downcast?

Why so disturbed within me?

**Put your hope in God, for I will yet praise him,
my Savior and my God.**

– Psalm 42:5, NIV

Scripture read today
during worship:

[Psalm 42](#)

[John 11:35](#)

[Romans 12:1-2](#)

[Philippians 4:8](#)

New to RTBC? Welcome!

Please scan to visit
our website and,
if you'd like to, fill out
a virtual visitor's card.



We're glad you came.

Today's order of service

Prelude

Call to worship

Hymn, *Trading My Sorrows*

Hymn, *House of the Lord*

Hymn, *As the Deer*

Offertory

Reading

Hymn, *Goodness of God*

Message

Celebration of the Lord's Supper

Hymn of response, number 493 in the hymnal

It is Well with my Soul

Benediction

Postlude

Weekly Events

Mom's Day Out, Tuesday and Thursday, 9am – 2pm,
pre-registration required

Wednesday evening

Kids' Music Class, 5-6 pm

Dinner served 5:30-6:00 pm

Prayer, 6:30 pm

Ladies' international Bible class (Zoom), 6:45 pm

Joy Program, Thursday, 9am-noon, conversational
English classes, Bible study, crafts, and handbells.

Contact: Kelly

During-the-week Bible studies on Zoom or in-person.
New groups will be forming at the end of August.

Erev Shabbot, messianic Christians, Friday at 7 pm

Young Internationals Bible Study, Saturday at 7 pm

Contact: Komal and Blessy

Young adults fellowship, Saturday at 6:45 pm

Contact: Sarah

Sunday morning

Adult Bible study, 9:30 am

Worship, 10:45 am

Children's Church at sermon time

The church office has information on events.

Phone: 713.559.6875 Email: office@rtbchurch.org

The office is open Tuesday – Friday, 9am-4pm.

Awana will begin again soon!

Children age 3 through sixth grade.

We need volunteers to teach and
help with games.

Contact: Alma Lopez

All-Church Work Day We'll clean the church from top to bottom!

August 20, 8 am to noon. Supplies will be provided, but if you have
buckets, new sponges, micro-fiber cleaning cloths, or step stools, those
would be useful. There is a lot to do, and many hands make the work
faster and more fun. There are jobs for all ages and abilities.

Details and sign-up by the church office.


online giving



Cookies & Coffee after the benediction in the Parlor

Registration is now open for our annual **All-Church Retreat** to be held September 23-25 at
the Trinity Pines Conference Center. Accommodations are available for individuals and families
of all varieties. Registration forms are available in the office. www.trinitypines.org