

DAY \_\_\_\_\_

**KEY VERSE:** Therefore is my spirit overwhelmed within me; my heart within me is desolate. Psalms 143:4 (KJV) READ PSALMS 143: 1-12

**FOCUS: IN THE DARK NIGHT OF THE SOUL  
MY SPIRIT IS OVERWHELMED WITH WORRY, FEAR,  
DEPRESSION, SORROW, PANIC, ANXIETY, OFFENSE, DISTRESS  
AND LONELINESS. I AM PLUNGED IN DISPAIR.  
THE ENEMY HAS PERSECUTED MY SOUL.**

WHAT A FRIEND WE HAVE IN JESUS  
ALL MY SINS AND GRIEFS TO BEAR  
WHAT A PRIVILEGE TO CARRY  
EVERYTHING TO GOD IN PRAYER

#### SCRIPTURE REFERENCES

Come unto me, all ye that labour and are heavy laden, and **I will give you rest.** Matt 11:28 (KJV)

**I will not leave you comfortless:** I will come to you.

John 14:18 (KJV)

**I am with you always,** even unto the end of the world. Amen.

Matt 28:20 (KJV)

Hear my cry, O God; attend unto my prayer.

From the end of the earth will I cry unto thee, **when my heart is overwhelmed:** lead me to the rock that is higher than I.

For thou hast been a shelter for me, and a strong tower from the enemy.

I will abide in thy tabernacle for ever: I will trust in the covert of thy wings. Psalms 61:1-4 (KJV)

PRAY AND MEDIATE UPON THE WORD OF GOD.

REFLECTIONS: \_\_\_\_\_  
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