

**Looking Back**

Psalm 77:1-15



**I. Introduction**

**Big Idea:** When we remember what God has done in the past, it helps us to deal with struggles and challenges we are facing in the present.

When we fail to remember, life becomes a series of unrelated events with no apparent connection to each other (Nehemiah 4:14; Psalm 143:5).

**II. Forgetting**

Disappointment → doubt; doubt → depression; and depression → despair.

A. Psalm 77:1-3

B. Psalm 77:4-6

C. Psalm 77:7-9

**III. Remembering:** Psalm 77:10-15

**IV. Taking it home**

Our thoughts tend to govern our mood; therefore, if we think right we will most likely feel right.



- \* Occupation with \_\_\_\_\_ brings distress.
- \* Occupation with \_\_\_\_\_ brings discouragement.
- \* Occupation with \_\_\_\_\_ brings delight and contentment.

**4 Steps to Deal with Disappointment:**

1. Remember vs11 – \_\_\_\_\_ what God has done.
2. Ponder vs12 – \_\_\_\_\_ it down.
3. Meditate vs12 – \_\_\_\_\_ on it.
4. Make it known vs14 – \_\_\_\_\_ about it.

Don't doubt in the dark...what God has revealed to you in the light.

**Welcome to Ustick Baptist Church**

We're so glad you have decided to be with us today. We invite you to stop by one of our welcome tables in the front lobby area for more information about our church. First-time visitors are encouraged to fill out a Visitor Card and pick up a free gift. We hope you enjoy your time here today and welcome you back next Sunday.

**Sunday Morning**

Prayer Warriors:  
7:30am in room 113  
Worship Services:  
8:30 & 10:30am

**Nursery**

Infant-2 years old can be checked into the nursery during 2nd service

**Kid's Church**

Ages 3-3rd grade can be checked in upstairs in room 206 (2nd service)

**Prayer Chain**

To join the email Prayer Chain, or if you have a prayer request, contact the church office at [secretary@ustickbaptist.org](mailto:secretary@ustickbaptist.org) or 208-938-2121

**Elders** - If you would like to speak to an Elder regarding any church issues, one will be available in the Conference Room every Sunday 10-10:30am. You can also reach them at [elders@ustickbaptist.org](mailto:elders@ustickbaptist.org)

**Decisions**

If you desire to accept Christ, rededicate your life to Him, unite with this church body, be baptized, or are in need of personal prayer/counsel, an Elder will meet with you in the Conference Room after service.

**Counseling**

Confused? Frustrated? Hurting? Alone? Let us help you. If you have a counseling need, our pastoral staff or trained counselors are here to help with consultation and prayer. Call the church office at 208-938-2121 and we'll direct you to one of our trained Biblical counselors. We have men and women on our counseling team. Go to [www.ustickbaptist.org](http://www.ustickbaptist.org) for a description of Biblical counseling.

**Church Staff:**

- Lead Pastor... "God will provide"
- Pastor of Care & Connections... Mike Beaudin
- Pastor of Discipleship... Ryan Bear
- Pastor of Worship... Matt Beck
- Pastor of Youth... John Buren
- Children's Ministry Director.... Angie Jacobson
- Administrative Assistant... Teresa Dudley



14301 W. McMillan Road, Boise, ID 83713  
208-938-2121; [www.ustickbaptist.org](http://www.ustickbaptist.org)  
office hours—Tues.-Fri. 8am-4pm  
email [secretary@ustickbaptist.org](mailto:secretary@ustickbaptist.org)

**WELCOME**  
to  
**Ustick Baptist Church**

March 14, 2021



Reaching and equipping all ages for  
a lifetime of following Jesus

