



Pastor Tim Dailey  
Valley Church

January 26 & 27, 2019  
Comfort for Troubling Times

---

NAHUM 1:7

"The Lord is good, a stronghold in the day of trouble; and He knows those who trust in Him." (NKJV)

Question:

When troubles, trials, or difficult challenges come to your life, how do you usually respond? Think about that for a moment and be honest with yourself.

The prophet gives God's people comfort and encouragement in the midst of difficult times. He says three things that will comfort them:

**I. The Lord is \_\_\_\_\_.**

This truth speaks of the character and nature of God.

Because God is good, I can...

- Have \_\_\_\_\_, and I can rest in this knowledge.
- I can \_\_\_\_\_ in faith, knowing that I do not need to fear the storms around me.
- \_\_\_\_\_ Him completely with my situations and know that what He is doing is good.
- Be \_\_\_\_\_ that He cares about my life, and that He looks out for my interests.
- \_\_\_\_\_ upon the fact that He keeps His promises.
- Have \_\_\_\_\_ in Him – knowing that I am totally secure in Him.

**II. A \_\_\_\_\_ in the day of trouble.**

This speaks of the POWER of God -- He is all-powerful (omnipotent)

He is my protection – my place of safety – My hiding place from the storms and troubles of life. (Psalm 46:1-3; Hebrews 6:18-20)

As my REFUGE (my Stronghold) God will be:

- The \_\_\_\_\_ of protection for me.

- The means of \_\_\_\_\_ for me.
- The place of \_\_\_\_\_ for me.
- The \_\_\_\_\_ of my future.

### **III. He \_\_\_\_\_ those who trust in Him.**

Speaks of the fact that God is all-knowing (omniscient) – He has all knowledge and wisdom. (see 1 John 3:20; 2 Timothy 2:19; Luke 16:15)

Because He knows me, therefore...

- I can be \_\_\_\_\_ in the fact that I am not just a number in a cosmic computer – a face in a crowd. God knows me better than I know myself, and He knew me before anyone else. (Psalm 139:1-18)
- I am \_\_\_\_\_. I have \_\_\_\_\_. He took the time to know me, and that gives \_\_\_\_\_ to my life.
- I don't need to \_\_\_\_\_. I can rely upon the fact that He knows how to \_\_\_\_\_ me and take care of my every need. (see Matthew 6:25-34)
- I have \_\_\_\_\_, knowing that He cares about me. He is concerned about the things that concern me. (1 Peter 5:7)
- I understand more fully the depth of His \_\_\_\_\_ and \_\_\_\_\_ because He loved me when He knew how wicked I really was. (Jeremiah 17:9-10)

## **Life Groups Questions to Ponder:**

1. How important is it for me to understand that God is good? If He were not good, what would that mean for me?
2. Because God is good, what are some of the benefits for the believer?
3. Under the Law, God provided cities of refuge. (Read Joshua 20:1-5) What was the purpose of these cities? How is God a refuge for us? (Read Psalm 46:1-3; Hebrews 6:18-20)
4. In what ways has God provided safety and comfort for you during a difficult time? Be specific.
5. God is omniscient, He knows everything about us and our situations. What does that powerful truth mean to you personally? (Read 1 John 3:20; 2 Timothy 2:19; Luke 16:15) How could this truth bring comfort to us in the time of trouble?
6. What are you going through right now? What challenges are you facing? Does your world seem to be caving in on you? How are you responding to your particular circumstances? What may be keeping you from running to our good God and taking refuge in Him?