

## **Psalm 107:19**

### **Ready:**

Psalm 107:19 Then they cried to the LORD in their trouble, and he saved them from their distress.

### **Set**

Hockey Chat: When a player gets double teamed up against the boards they know their in trouble. As they battle for the puck, they'll often hear a familiar voice of someone on their team calling out instructions on a safe place to pass it. They would stay in trouble and lose the puck if someone didn't call out to them.

### **Go**

Life Lesson: We face troubles of every kind in life. God has called out to us to give it to him in those times. Pass your troubles on to the Lord by turning to him for strength and guidance during those times of trials. He will calm you distress.

### **Bible Reference:**

Psalms 107



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