



**Series | Summer in the Psalms (2021): God Reigns**  
**Sermon | Training Your Soul for the Day of Trouble**  
Psalm 86

**Sermon Outline**

- I. Lord, I Need You (1-10)
- II. Lord, My Heart Is Divided (11-17)

**Pre Sermon Questions**

- 1. What patterns and rhythms define your life?
- 2. How well do you think your soul would respond if trouble fell upon you?
- 3. Where would you look for confidence and help?

**Post Sermon Questions**

- 1. In what ways have you sensed your need for God in the past?
- 2. In what ways have you sensed the divisions in your heart in the past?
- 3. How does knowing that God reigns help you in days of trouble?
- 4. What steps of faith can you take to train your soul to feel your need for God? To pray the language of lament? To follow the paths of righteousness?