



every next step is available at our hub
www.mydestiny.me

Prayer Requests

Giving

Connect Groups

Events

UPCOMING EVENTS AND NEWS

SOUND TEAM VOLUNTEERS NEEDED

We're looking for volunteers to join our Sound Team! No experience is necessary—we'll provide all the training you need. If you're interested in serving in this important ministry, please see Matt Davis or any staff member.

EKKLESIA PRAYER COALITION + HEALING SUMMIT LIVESTREAM HOST CHURCH — Friday, August 14, 5:00 pm

Join us for this national prayer thrust with Lou Engle, Tim + Dutch Sheets and others. See oasiswired.com for more information.

WORSHIP IN THE PARK — August 16, The Chimney Shelter in Canyon Lake Park @ 10:30 am

Mark your calendars for Sunday, August 16, as we plan to gather for another special morning of outdoor worship and fellowship! We'll worship together, enjoy a meal, and celebrate God's goodness in the beauty of His creation. Bring your own lawn chairs. We can't wait to worship with you!

ELEVATE STUDENT MINISTRY CHAIR RAFFLE — LAST WEEKEND TO GET YOUR TICKETS!

Help support our youth, and you could take home our bright orange Summer @ Destiny Adirondack chairs! Raffle tickets are \$20 each (non-tax deductible) and are available from Pastor Kimberly on Sunday mornings. We've reached ~75% of our \$670 goal to cover youth group curriculum costs for this year. THANK YOU! We've got just \$185 to go (or about 10 more raffle tickets). This Sunday is the last weekend to purchase your tickets or make a donation. The raffle winner will be announced at our picnic on Sunday, August 16.

LAUNDRY BASKET OUTREACH — All items due by August 19

ISI is expecting 30 new international students this fall. Many will be arriving in the U.S. for the very first time with only a few personal belongings. We're inviting our church family to help welcome them by filling laundry baskets with everyday essentials to help them get started. If you'd like to participate, simply choose an item card from the board at the Welcome Center. For more information, contact John or Pastor Sande Lofberg at 605-390-0446. We hope to have all baskets completed by August 19.

Z8 NIGHT @ DESTINY — August 21, 7:00 pm

If you're between 12 and 26 years old, this is a night you won't want to miss. Z8 Night is more than an event—it's a movement of students and young adults from across the Black Hills coming together to passionately worship Jesus, encounter His presence, and be equipped to shine His light in their schools, workplaces, and community.

IS GOD CALLING YOU TO LEAD A CONNECT GROUP? — Apply by August 23

It could be a prayer group, a hiking group, a Bible study, or even a gathering just to share and carry each other's burdens. Just as long as it comes back to Jesus being at the center. If you've never led a group before, we'll give you some guidelines to follow. It is very simple. Ask God about it now. And if you feel prompted, apply to lead a group at www.mydestiny.family/apply-to-lead or speak to Pastor Valerie.

We love capturing moments of worship and community. Photos and videos may be taken today for Destiny Foursquare's online and promotional use. If you'd rather not appear, let our Welcome Team know.

phone: **605.348.7958** • email: **destiny@destiny4square.org** • website: **www.mydestiny.family**

MESSAGE NOTES

08.09.26 | STEADY, Part 2: Lift Your Head

GO DEEPER WITH THIS WEEK'S MESSAGE, INCLUDING SMALL GROUP QUESTIONS, DAILY DEVOTIONS, A FAMILY GUIDE AND MORE AT [MYDESTINY.FAMILY/SERMONS](https://mydestiny.family/sermons)

WHEN MY SOUL IS DOWNCAST

As the deer pants for the water brooks, so my soul pants for You, God. (2) My soul thirsts for God, for the living God; When shall I come and appear before God? (3) My tears have been my food day and night, while they say to me all day long, "Where is your God?" (4) I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, with a voice of joy and thanksgiving, a multitude celebrating a festival. (5) Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him for the help of His presence, my God. (6) My soul is in despair within me; Therefore I remember You from the land of the Jordan and the peaks of Hermon, from Mount Mizar. Psalm 42:1-6 NASB

1. David doesn't shame his soul for being restless; he _____ it.

MY SOUL MAY BE DOWNCAST, BUT MY HEAD CAN STILL _____.

The Lord God formed the man of dust from the ground, and breathed into his nostrils the breath of life; and the man became a living person. Genesis 2:7 NASB

2. _____ the weight. We are going to lift our heads, but not deny what has bowed others.

LEARNING TO LIFT MY HEAD

I remember these things and pour out my soul within me. For I used to go over with the multitude and walk them to the house of God, with a voice of joy and thanksgiving, a multitude celebrating a festival. (5) Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him for the help of His presence, my God. (6) My soul is in despair within me; Therefore I remember You from the land of the Jordan and the peaks of Hermon, from Mount Mizar. (7) Deep calls to deep at the sound of Your waterfalls; All Your breakers and Your waves have passed over me. (8) The Lord will send His goodness in the daytime; And His song will be with me in the night, A prayer to the God of my life. Psalm 42:7-8 NASB

3. Where we _____ our _____ determines how much authority things have over our hearts.

4. God keeps reminding His people to remember because memory restores _____.

...we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not abandoned; struck down, but not destroyed; 2 Corinthians 4:8-9 NASB

5. _____ is one of God's greatest tools for restoring hope.

This I recall to my mind, therefore I have hope. The Lord's acts of mercy indeed do not end, for His compassions do not fail. They are new every morning. Lamentations 3:21-23 NASB

6. When you remember who God has been, you begin _____ who He still is.

...God my Maker, Who gives songs in the night... Job 35:10b NASB

7. _____ will turn your face toward God when everything within you wants to look down.

HOPE HAS A NAME

Why are you in despair, my soul? And why are you restless within me? Wait for God, for I will again praise Him for the help of His presence, my God. Psalm 42:11 NASB

8. Bring what you feel into God's presence and remind your soul what is also _____.

9. Hope has a name; His name is _____.

But You, Lord, are a shield around me, My glory, and the One who lifts my head. Psalm 3:3 NASB