



# SPIRITUAL INTELLIGENCE SERIES

WHEN THE DARKNESS CLOSES IN.....

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## PSALM 42 (GNT)

<sup>1</sup> As a deer longs for a stream of cool water,  
so I long for you, O God.

<sup>2</sup> I thirst for you, the living God.

When can I go and worship in your presence?

<sup>3</sup> Day and night I cry, and tears are my only food; all the time my enemies ask me, “Where is your God?”

<sup>4</sup> My heart breaks when I remember the past,  
when I went with the crowds to the house of God and led them as they walked along, a happy crowd, singing and shouting praise to God.

<sup>5</sup> Why am I so sad? Why am I so troubled?

I will put my hope in God, and once again I will praise him, my saviour and my God.

6. Here in exile my heart is breaking,  
and so I turn my thoughts to him.

7. He has sent waves of sorrow over my soul;  
chaos roars at me like a flood,  
like waterfalls thundering down to the Jordan  
from Mount Hermon and Mount Mizar.

<sup>8</sup> May the LORD show his constant love during the day, so that I may have  
a song at night, a prayer to the God of my life.

<sup>9</sup> To God, my defender, I say,

“Why have you forgotten me?

Why must I go on suffering from the cruelty of my enemies?”

<sup>10</sup> I am crushed by their insults,  
as they keep on asking me,

“Where is your God?”

<sup>11</sup> Why am I so sad? Why am I so troubled?

I will put my hope in God, and once again I will praise him, my saviour  
and my God.

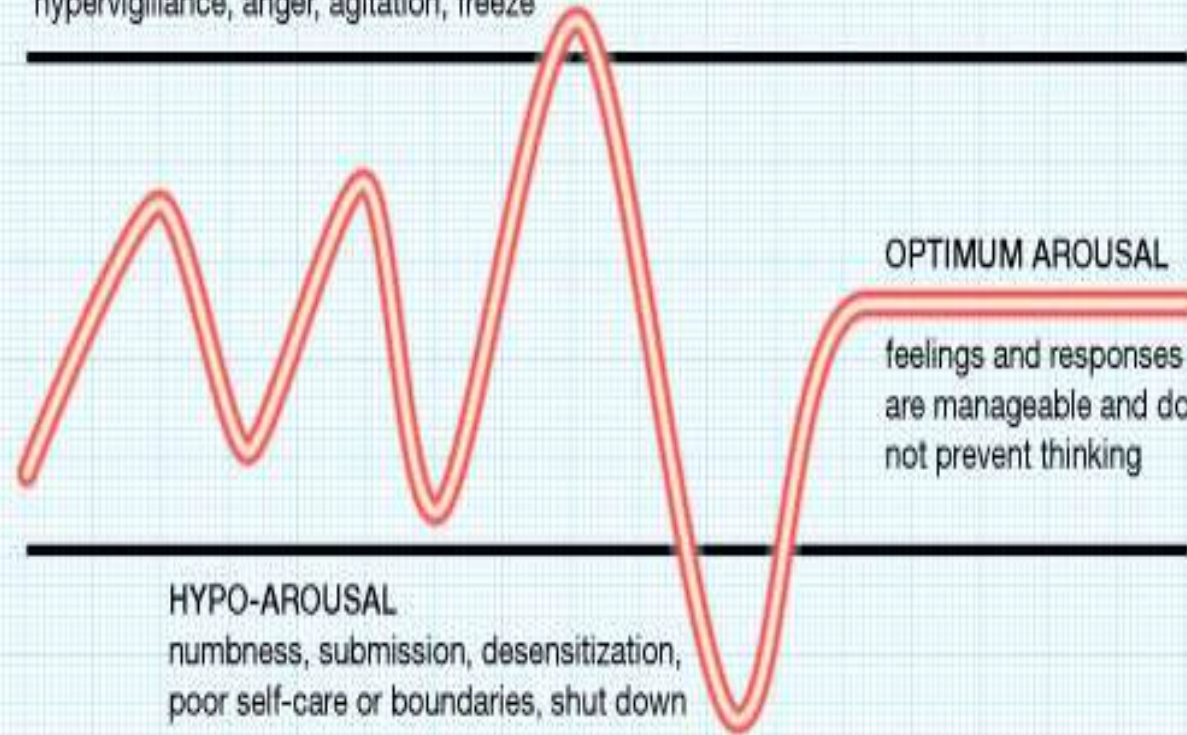
VERSE	NIV	MEANING
3	Day & Night Tears for food People say	Constant lack of sleep Loss of appetite Tearful Verbal bullying
4	Pour out my soul	Emotionally drained
5	Downcast soul Disturbed	Hopeless Anxious
6	Downcast soul	Hopeless Deep sadness
7	Waves & breakers have swept over me	Completely overwhelmed, fatigued; can't cope
9	Forgotten me Mourning Oppressed by the enemy	Abandoned; isolated Rejected Confused
10	Bones suffer mortal agony Foes taunt me...all day long	Physical suffering Constant verbal and emotional abuse
11	Downcast soul Disturbed	Deep Sadness

# WHEN THE DARKNESS CLOSES IN.....

## Window of Affective Tolerance

### HYPER-AROUSAL

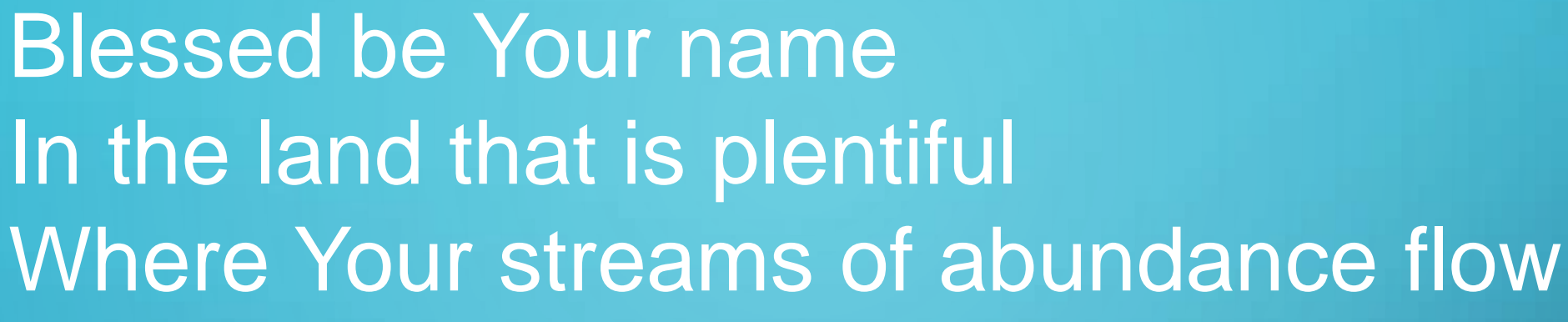
panic, impulsivity, survival responses – fight, flight, hypervigilance, anger, agitation, freeze



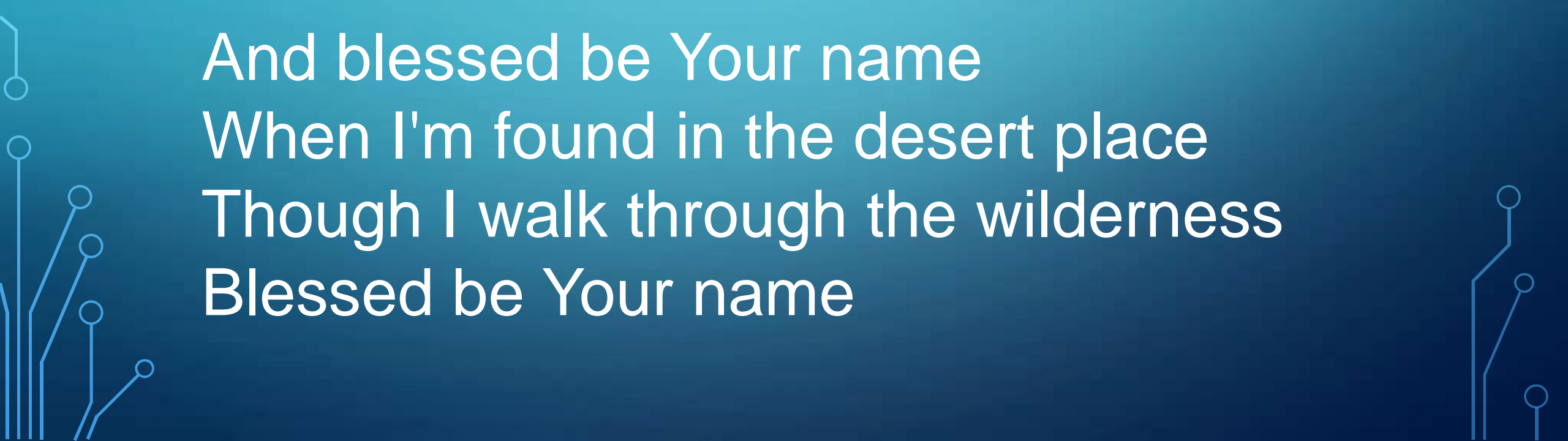
### HYPO-AROUSAL

numbness, submission, desensitization, poor self-care or boundaries, shut down

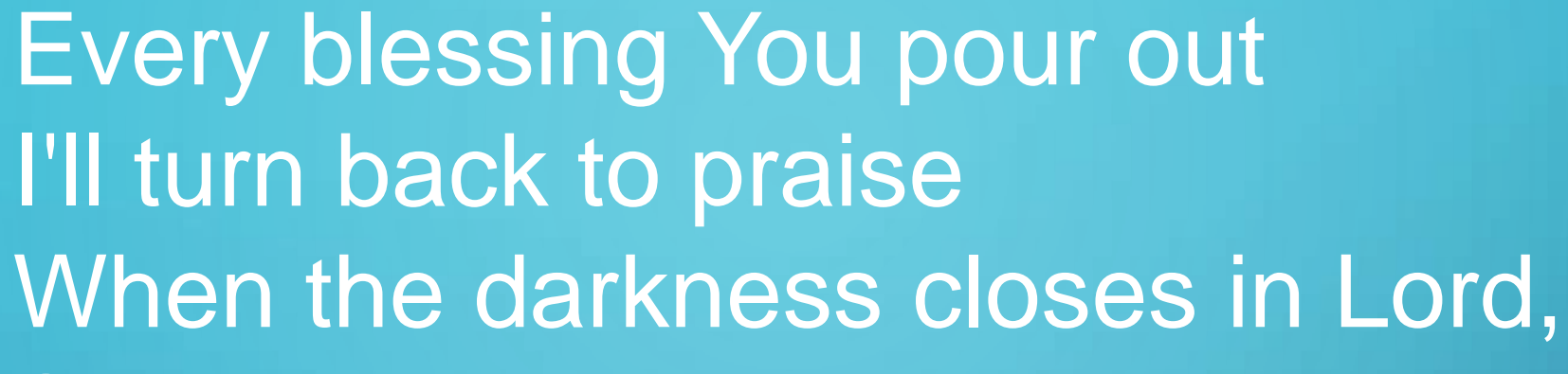
From Joyce, P and Sills, C 2014  
Based on Segal 1999



Blessed be Your name  
In the land that is plentiful  
Where Your streams of abundance flow  
Blessed be Your name

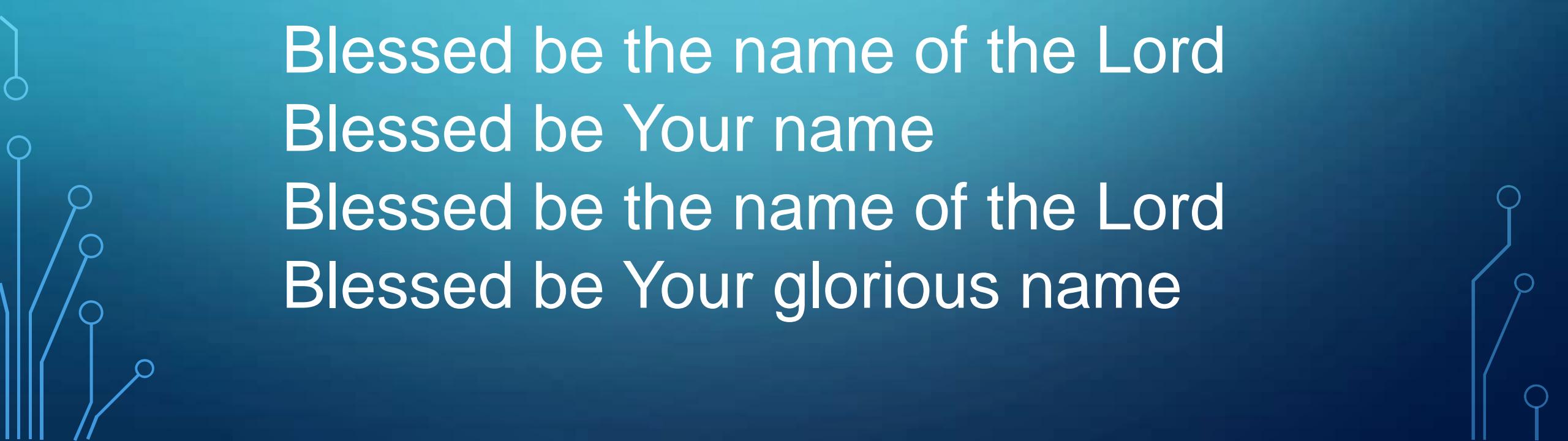


And blessed be Your name  
When I'm found in the desert place  
Though I walk through the wilderness  
Blessed be Your name




Every blessing You pour out  
I'll turn back to praise  
When the darkness closes in Lord,  
Still I will say


Blessed be the name of the Lord  
Blessed be Your name  
Blessed be the name of the Lord  
Blessed be Your glorious name









Blessed be Your name  
When the sun's shining down on me  
When the world's all as it should be  
Blessed be Your name

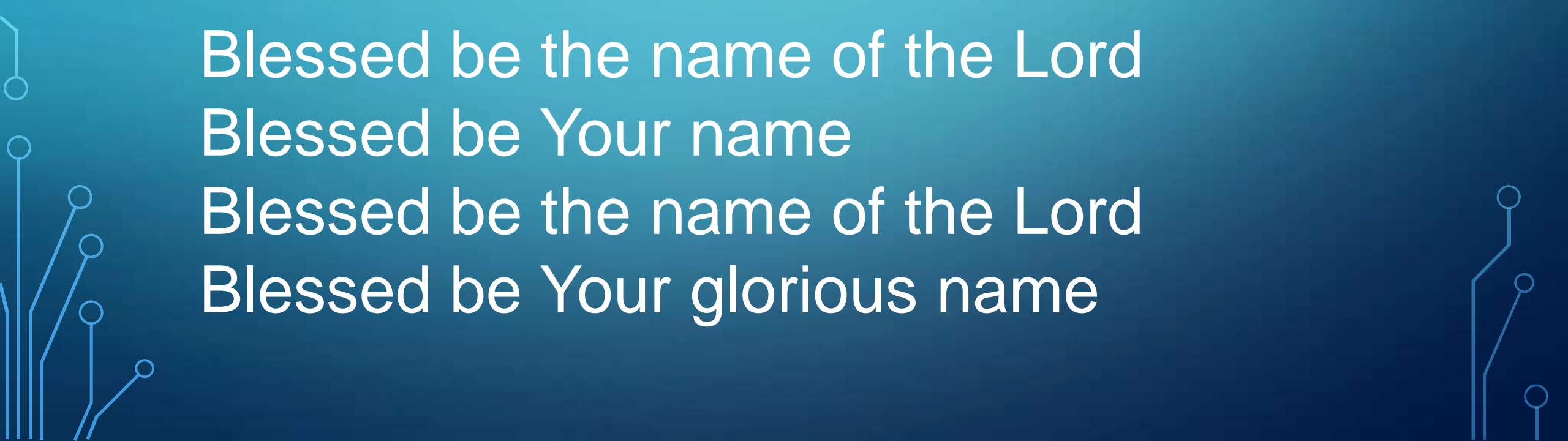


Blessed be Your name  
On the road marked with suffering  
Though there's pain in the offering  
Blessed be Your name







Every blessing You pour out  
I'll turn back to praise  
And when the darkness closes in, Lord  
Still I will say



Blessed be the name of the Lord  
Blessed be Your name  
Blessed be the name of the Lord  
Blessed be Your glorious name



You give and take away  
You give and take away  
My heart will choose to say, Lord  
Blessed be Your name x2



Blessed be the name of the Lord  
Blessed be Your name  
Blessed be the name of the Lord  
Blessed be Your glorious name

