

**Introduction**

The grief and suffering we read about in the Psalms is an \_\_\_\_\_ perspective that should \_\_\_\_\_ how we understand them.

**David a Sinner (1-4)**

Believers in Christ will not be \_\_\_\_\_ for their sin but they will receive \_\_\_\_\_ to overcome sin.

pining away =

dismayed =

The soul affects the \_\_\_\_\_ and the body affects the \_\_\_\_\_.

“Where the heart is troubled, the whole body is faint and broken.”—Martin Luther

Lengthy soul suffering is \_\_\_\_\_ because one of the worst realities of hell is being \_\_\_\_\_ from anything good for eternity.

lovingkindness =

**David a Sufferer (5-7)**

One of the \_\_\_\_\_ ways God has \_\_\_\_\_ Himself is through suffering, in particular, the suffering of His Son.

sighing =

wasted away =

**David a Saint (8-10)**

Separation from sin is the first step to \_\_\_\_\_.

Knowing and trusting in God's \_\_\_\_\_ is what helps us from \_\_\_\_\_ in the depths of despair and hopelessness.

Hope for the \_\_\_\_\_ brings encouragement to the soul in the \_\_\_\_\_.