



HOW TO HANDLE LIFE'S HURTS

"...my heart is wounded within me. I fade away like an evening shadow." Psalm 109:22-23

In the Psalms, David illustrates six ways we normally react to our problems which only make matters worse.

1. HOW PEOPLE HURT

We hurt _____

We hurt _____

We hurt _____

2. SIX REMEDIES FOR HURT THAT DON'T WORK (Proverbs 14:12)

1. _____

"I kept quiet, not saying a word, but my suffering only grew worse, and I was overcome with anxiety. The more I thought, the more troubled I became." - Psalm 39:2-3 (GN)

2. _____

"I wish I had wings like a dove. I'd fly away and find some rest. I'd flee to some refuge from all this storm!" - Psalm 55:6, 8 (GN)

3. _____

"There was a time when I wouldn't admit my sin, but dishonesty made me miserable and filled my days with frustration." - Psalm 32:3 (LB)

4. _____

"... I am worn out by my worries." - Psalm 55:2 (GN)
"... I am so worried I cannot speak!" - Psalm 77:4 (GN)
"Don't give in to worry or anger, it only leads to trouble." - Psalm 37:8 (GN)

5. _____

"When my thoughts were bitter and my feelings were hurt, I did not understand you." - Psalm 73:21-22 (GN)



6. _____

*“From the depth of my despair, I call to you, Lord. Hear my cry, Lord - listen to my call for help.” Psalm 130:1-2
(GN)*

3. HOW DO WE MOVE FORWARD?

... the 1st Step:

“I bring God all my complaints, I tell Him all my trouble. When I'm ready to give up, He knows what I should do!” - Psalm 142:2-3 (GN)