



## SURVIVING THE HURT

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

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

### I. HOW PEOPLE HURT

- \* We hurt \_\_\_\_\_
- \* We hurt \_\_\_\_\_
- \* We hurt \_\_\_\_\_

### II. FOUR REMEDIES FOR HURT THAT DON'T WORK (Pr. 14:12)

1. \_\_\_\_\_

*"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)*

2. \_\_\_\_\_

*"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*

3. \_\_\_\_\_

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

4. \_\_\_\_\_

*"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*

### **III. CONCLUSION: WHAT WILL WORK?**

*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*