

***Praying When Your
Heart Is Hurting***

Psalm 13

Psalm 13 is for times like these ...

- **You've lost a loved one.**
- **Your marriage or a family relationship is unravelling.**
- **Your health is threatened.**
- **You're feeling crushed by the weight of responsibility.**

Romans 8:1

“There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.”

Romans 8:39

“[Nothing] shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

Romans 8:23

“[We] ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.”

- 1. Pour out what you feel.**
- 2. Lift up what you need.**
- 3. Rest secure in Who you know.**
- 4. Remember that Jesus has been there, too.**

**Jesus is the Savior for those
who are suffering because He is
the suffering Savior.**

Hebrews 4:15

“For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.”

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