



**Writing my own Psalm will help me
face my pain and begin to heal!**

Slogan: I will face my pain and pursue His presence!

Acknowledge what is going on inside of you:

- Right now/Recently I have been angry about...
- Right now/Recently I have been sad about...
- Right now/Recently I have been anxious about...
- Right now/Recently I have been glad about...

(please turn over)

Bring it to God in Prayer & Pursue His Presence

(Take a moment and take all of the thoughts, feelings, emotions, worries, joys and pains from the other side and turn them into a prayer. What Scriptures speak to your emotions and situation?)

[illegible]

Share it with a trusted friend

(This week, share your Psalm and experience with someone you trust and know will listen and pray. Maybe someone in your Life Group, a strategic friend, etc.)