

**December 29, 2024**  
**A Biblical Blueprint For Processing Pain**  
**[Psalm 22](#)**

This week, our Minister to Students, Bryan Howard, shared a special message about how to respond to hurt. In his message he explains,

**In Your Darkest Hour, Peace Begins With:**

- **Honesty To God**
- **Trust In God**
- **Praise Toward God**

**GOING DEEPER:**

- Bryan shared that peace begins with honesty to God. While we often hold back our true feelings from God, David processed his pain honestly and did not suppress his emotions. How can you be more honest with God this week knowing that hearing us and healing us brings Him joy?
- After crying out to God in vv. **1-18**, David made a three-verse request of God and then expressed his trust that God would do what only God could do. What circumstances in your life cause you to have a difficult time trusting God? How can you change your schedule this week to make more time to talk honestly with the Lord about the pain, burdens, and anxiety you may feel?
- At the end of this passage, David processed his pain with the help of his community. How has your community of faith helped you through the difficult times in your life?
- Jesus is the best model for processing pain with God and with His community (his disciples). He bore the pain for everyone and cried out from **[Psalm 22](#)** from the cross. How can you follow Jesus' example in your walk with the Lord this week?

**ADDITIONAL RESOURCES:**

- To view past sermons, please click **[here](#)**.

The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace. Numbers 6:24–26

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