When it still *hurts*

Lament in four honest steps.

1. **Address God**
   Use a name for God that fits today.
2. **Name the pain**
   Tell Him exactly what hurts.
3. **Ask**
   Say plainly what you want Him to do.
4. **Choose trust**
   End where the psalms end.



CHOOSE TRUST

"But I trust in your unfailing love; my heart rejoices in your salvation."

PSALM 13:5, NIV

Say it even if you do not feel it yet.

RELEASED