



# HEARD

**In the midst of my pain, Lord, I cry out to you. When darkness sets in and I can't see the light, lead me in the way of hope, and fill my heart with joy.**

- DAY 1**     **PSALM 6**  
*What negative and untrue thoughts plague you in your weakness and seek to turn you away from God or cause you to doubt his love for you?*
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- DAY 2**     **PSALM 31:9-15**  
*What consequences of your own sin are you experiencing in your life right now?*
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- DAY 3**     **PSALM 13**  
*What are five to ten ways God has been good to you?*
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- DAY 4**     **PSALM 22:1-11**  
*What do you know to be true of God and how has he acted throughout history and your life?*
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- DAY 5**     **PSALM 3**  
*In what area of your life do you feel you are being attacked, whether by people, by your own thoughts, or on a spiritual level?*
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- DAY 6**     **PSALM 38**  
*What is your plea to God in the midst of the pain you are experiencing?*
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- DAY 7**     **GENESIS 21:8-21**  
*What loss or experience might you need to grieve that you've previously avoided or suppressed?*
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- DAY 8**     **LUKE 22:39-46**  
*In what ways do you need the Holy Spirit to strengthen you and prepare you to resist the temptation to exert your will rather than trust God's will?*
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- DAY 9**     **PSALM 90:13-17**  
*As you read today's lament, what world issue or problem came to mind? How is God calling you to restore and redeem that circumstance?*
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- DAY 10**     **PSALM 44:23-26**  
*As you read today's lament, what people group or place came to mind? How is God calling you to restore and redeem that circumstance?*
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- DAY 11**     **LAMENTATIONS 2:11-22**  
*As you read today's lament, is there a group of people near you who suffer from a particular kind of pain?*
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- DAY 12**     **PSALM 94:1-15**  
*How is God calling you to participate in what he's doing to restore and redeem even the oppressors and perpetrators of harm in our world?*
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- DAY 13**     **PSALM 80:1-7**  
*How is God calling you to participate in what he's doing to restore and redeem our suffering world even as your specific prayers aren't resulting in the outcome you desire?*
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- DAY 14**     **PSALM 58**  
*How is God calling you to participate in drawing out goodness and equity from our leaders?*
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- DAY 15**     **HABAKKUK 1:1-4**  
*As you consider more closely whatever violent situation or injustice came to mind for you as read, where so you see evidence that God's Kingdom is breaking in and love is more powerful than evil?*

