

Hope for the Hurting

The Friend of a Wounded Heart

Psalms 109:22-31

1. When you reveal your pain

“For I am poor and needy, and my heart is wounded within me. I am gone like a shadow when it lengthens; I am shaken off like a locust. My knees are weak through fasting, and my flesh is feeble from lack of fatness. I also have become a reproach to them; When they look at me, they shake their heads.”
(Psalm 109:22–25, NKJV)

A. Yourself

B. God

C. One other Person

2. Release those who have hurt you.

“Help me, O LORD my God! Oh, save me according to Your mercy, that they may know that this is Your hand— That You, LORD, have done it! Let them curse, but You bless; When they arise, let them be ashamed, but let Your servant rejoice. Let my accusers be clothed with shame, and let them cover themselves with their own disgrace as with a mantle.” (Psalm 109:26–29, NKJV)

3. Renew your mind.

“I will greatly praise the LORD with my mouth; Yes, I will praise Him among the multitude. For He shall stand at the right hand of the poor, to save him from those who condemn him.” (Psalm 109:30–31, NKJV)