



How can we overcome Pain &
Suffering?

Psalm 13

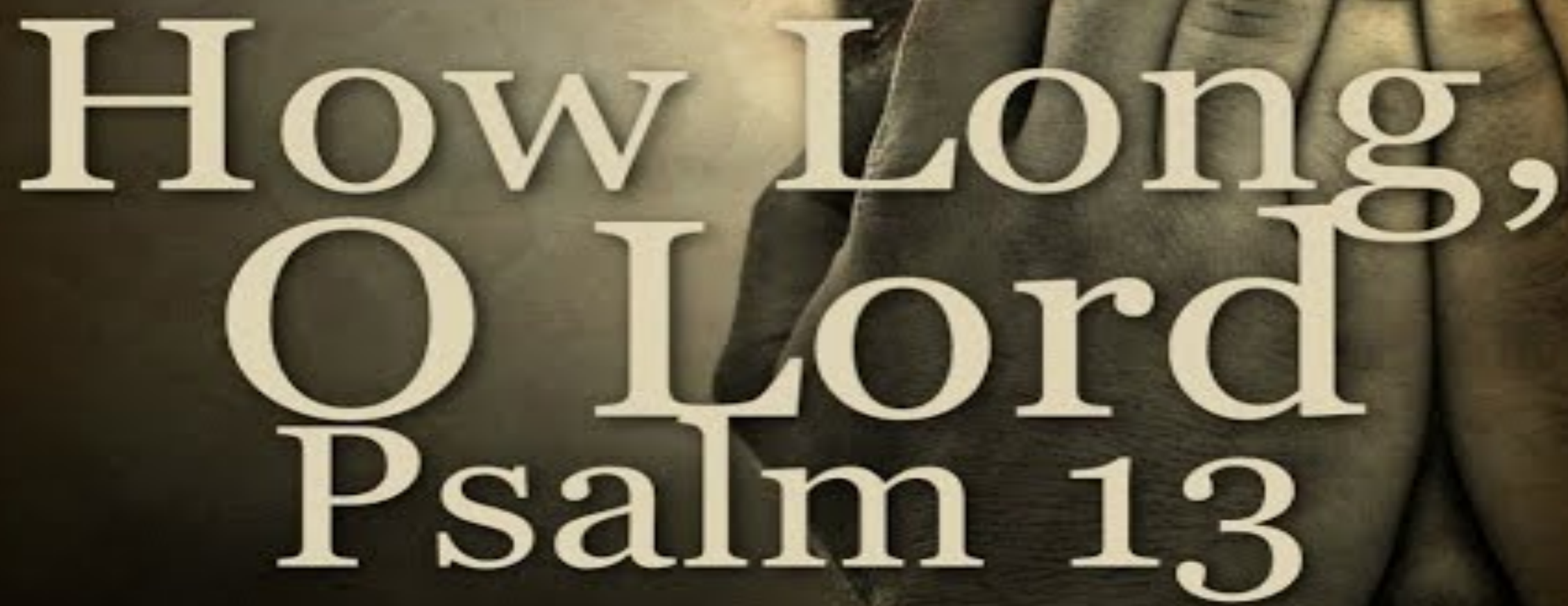
Why do we
suffer?



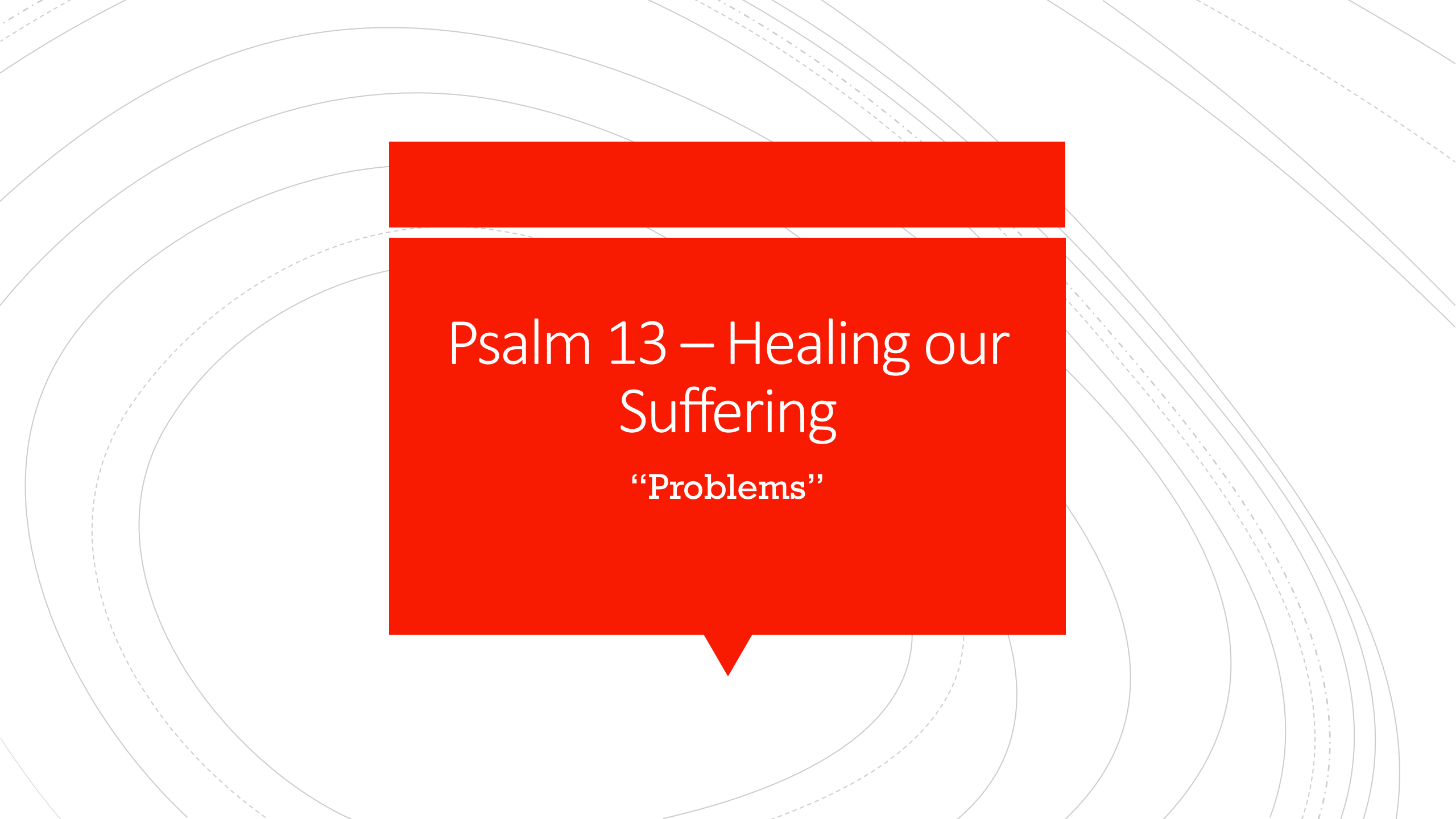
2 Samuel 12:21-23

²¹Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread.

²²And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether God will be gracious to me, that the child may live? ²³But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me.



How Long,
O Lord
Psalm 13

The background features several concentric circles of varying radii, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, containing the title text. The box has a small downward-pointing triangle at its bottom center.

Psalm 13 – Healing our
Suffering
“Problems”

“Problems”

■ Psalm 13:1 – 2

**How long will you forget
me, O LORD? for ever?
how long will you hide
your face from me?**

—Psalm 13:1

Biblical examples of suffering...

1. People suffered because of self-inflicted misery. (Adam/Eve & King David)
2. People suffered by no fault of their own – life is simply hard. (Blind Man – John 9)
3. People suffered b/c of age or sickness.
4. People suffered b/c of the sins of others, which God never endorses. (Daniel & Apostle Paul)



“Problems”

- Psalm 13:1 – 2
- Job 14:1
- 2 Corinthians 5:4
- Hebrews 4:16

The background features several concentric circles of varying radii, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, containing white text. The callout box has a rectangular top and a pointed bottom.

Psalm 13 – Healing our Suffering

“Problems”

“Pray”

“Pray”

- Psalm 13:3 – 5
- James 1:2 – 8
- Matthew 26:38 – 39
- Hebrews 5:7 – 9
- 2 Corinthians 12:7 – 10
- Romans 8:26 – 28

The background features several concentric circles of varying radii, some solid and some dashed, creating a ripple effect. A large red callout box is centered on the page, containing white text. The box has a small downward-pointing triangle at its bottom center.

Psalm 13 – Healing our Suffering

“Problems”

“Pray”

“Praise”

“Praise”

■ Psalm 13:5 – 6

- 3 LOOK ON ME
Give light to my eyes, or I will sleep in
death;
- 4 my enemy will say, "I have overcome him
and my foes will rejoice when I fall.
- 5 But I trust in your **unfailing** love;
my heart rejoices in your salvation.
- 6 I will sing to the LORD,
for he has been good to me.

Psalm 14

I will sing to the Lord,
because He has dealt
bountifully with me.

Psalm 13:6



“Praise”

- Psalm 13:5 – 6
- 2 Corinthians 4:16 – 18
- 1 Peter 4:15 – 16

A red speech bubble with a white outline and a downward-pointing tail. The background features faint, concentric circles and dashed lines.

Are you suffering with sin?

Would you like to begin the healing
process?