

A person in a dark jacket and cap stands on a rocky cliff edge, looking out over a deep valley. The scene is dramatically lit from the upper right, creating a strong lens flare and highlighting the textures of the rocks and the person's silhouette. The overall mood is contemplative and hopeful.

A Psalm for
Long-Term Trials

Psalm 13

Praise

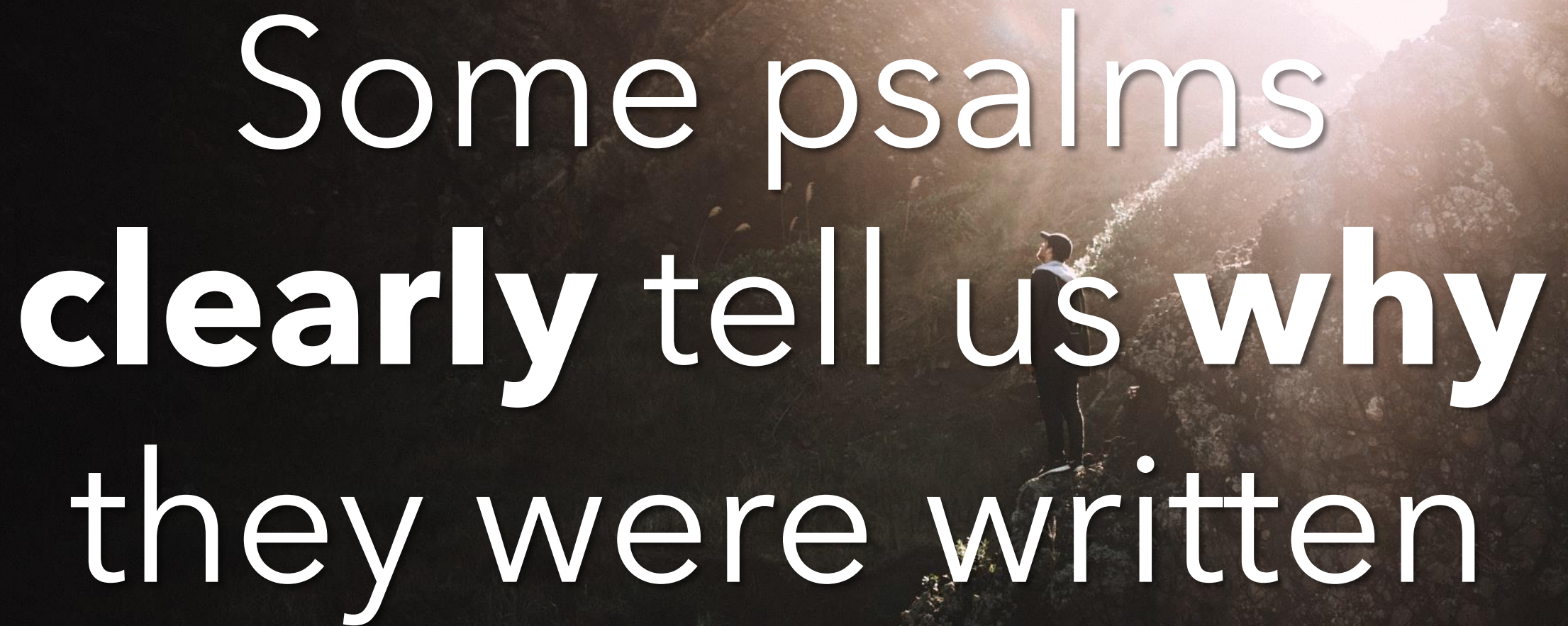
Instruction

Lament



A person is standing on a rocky ledge, looking out over a valley. A waterfall is visible in the distance. The sun is shining brightly from the top right, creating a lens flare effect. The text is overlaid on the image.

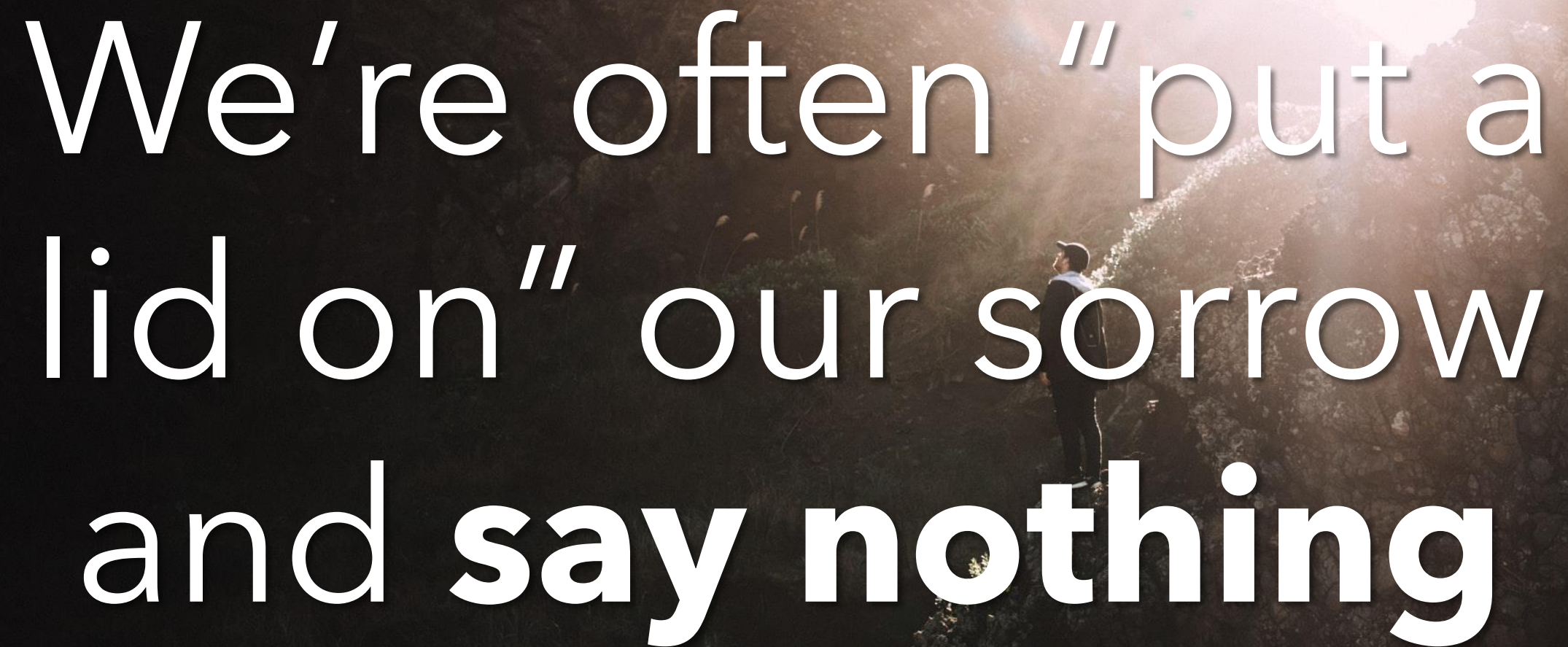
Different lament
psalms focus on
different problems

A person is standing on a rocky cliff edge, looking out over a valley. A waterfall is visible in the distance. The scene is illuminated by bright sunlight, creating a strong lens flare effect. The text "Some psalms clearly tell us why they were written" is overlaid on the image in a white, sans-serif font. The words "clearly", "why", and "written" are in a larger, bold font compared to the other words.

Some psalms
clearly tell us **why**
they were written



No **description** of
his problem is a
blessing in disguise

A person is standing on a rocky cliff edge, looking out over a deep valley. A waterfall is visible on the right side of the valley. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The text is overlaid in white, with the words "say nothing" in a larger, bold font.

We're often "put a
lid on" our sorrow
and **say nothing**

A person is standing on the edge of a dark, rocky cliff, looking out over a deep valley. The scene is dramatically lit from the right, with a bright light source (likely the sun) creating a strong glow and lens flare. The person is silhouetted against the light. The overall mood is contemplative and hopeful.

Express your **deep**
despair to God

A person in a dark jacket and cap stands on a rocky cliff edge, looking out over a deep valley. A waterfall cascades down the right side of the valley. The scene is bathed in warm, golden light, likely from a low sun, creating a dramatic and contemplative atmosphere. The text is overlaid in white, with the word 'ignores' in a bold font.

A God who isn't
there, or a God
who **ignores** you?

A person is standing on a rocky cliff edge, looking out over a valley. The scene is dramatically lit from the right, with a bright light source (likely the sun) creating a strong glow and lens flare. The person is silhouetted against the light. The text is overlaid on the image in white, with the word 'without' in a larger, bolder font.

We're all helpless
without God



Express your
desperate desire
to God



Express your
decision to
depend on God

A person is standing on a rocky cliff edge, looking out over a valley. The sun is shining brightly from the top right, creating a strong lens flare and illuminating the scene. The text is overlaid in white, with the word 'only' in a bold font.

The **only** change
was in David's heart

The LORD was with
Joseph and **showed**
him mery (*chesed*)

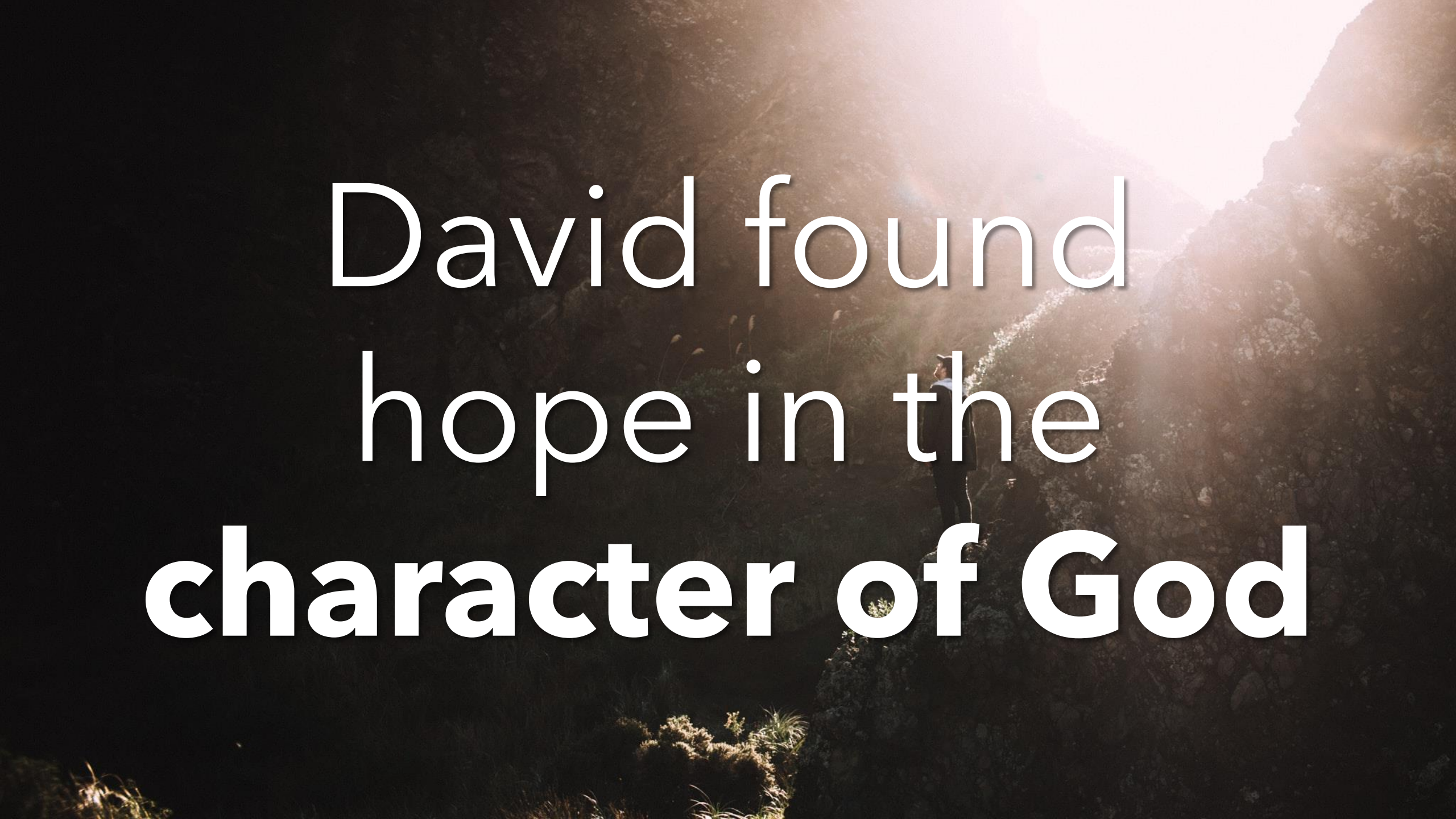
Genesis 39:21

Keeping mercy
(chesed) for
thousands

Exodus 34:7

A person is standing on the edge of a dark, rocky cliff, looking out over a vast valley. The scene is dramatically lit from the upper right, where a bright light source, likely the sun, creates a strong lens flare and illuminates the landscape. The person is silhouetted against the bright light. The overall mood is one of contemplation and hope.

David **knew** God
would come
through in the end

A person is walking on a narrow, rocky path that winds through a dark, mountainous landscape. The path is illuminated by a bright light source, likely the sun, which is positioned high in the sky, creating a strong lens flare and casting long shadows. The person is wearing a blue shirt and dark pants. The overall atmosphere is one of hope and perseverance.

David found
hope in the
character of God

The Lord had given
him rest from **all his**
enemies all around

2 Samuel 7:1

My mercy (chesed) shall not
depart ... and your house and
your kingdom shall be
established forever before you

2 Samuel 7:15-16

Express your **deep
despair** to God

Express your **desperate
desire** to God

Express your **decision
to depend** on God

