



Toward an Understanding of Pain and Suffering

Week 7 - Psalm 31:15

Psalm 31:9 Be merciful to me, Lord, for I am in distress;
my eyes grow weak with sorrow,
my soul and body with grief.

¹⁰ My life is consumed by anguish
and my years by groaning;
my strength fails because of my affliction,
and my bones grow weak.

Toward an Understanding of Pain and Suffering

Week 7 - Psalm 31:15

¹¹ Because of all my enemies,
I am the utter contempt of my neighbors
and an object of dread to my closest friends—
those who see me on the street flee from me.

¹² I am forgotten as though I were dead;
I have become like broken pottery.

¹³ For I hear many whispering,
“Terror on every side!”
They conspire against me
and plot to take my life.

A close-up, soft-focus photograph of a person's face, focusing on the eye and nose. The person's eye is closed, and a single tear is visible on the lower eyelid. The background is a plain, light-colored wall.

Toward an Understanding of Pain and Suffering

Week 7 - Psalm 31:15

¹⁴ But I trust in you, Lord;
I say, “You are my God.”

¹⁵ My times are in your hands; ...



Our Times Are In His Hands

*In Your book all the days of
my life were written before
ever they took shape...*

Psalm 139:16



A close-up, soft-focus photograph of a person's face, focusing on the eye and nose. The person's eye is closed, and a single tear is visible on the lower eyelid. The background is a plain, light-colored wall.

Toward an Understanding of Pain and Suffering

Week 7 - Psalm 31:15

Psalm 14:1 The fool says in his heart,
“There is no God.”

They are corrupt, their deeds are vile;
there is no one who does good.