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### HOW TO PRAY IN THE MIDST OF PAIN #1

- Be totally open and vulnerable before the Lord. Hide nothing. Leave nothing in your life that you do not submit to the sovereignty and direction of the Lord.
- **Psalm 69:5 O God, you know my folly; the wrongs I have done are not hidden from you.**

### HOW TO PRAY IN THE MIDST OF PAIN #2

- Renew covenantal commitments with the Lord |

### HOW TO PRAY IN THE MIDST OF PAIN #3

- Petition the Lord according to his promises.
- **Psalm 69:6 Let not those who hope in you be put to shame through me, O Lord God of hosts; let not those who seek you be brought to dishonor through me, O God of Israel.**

