



JULY 17, 2022  
DARK NIGHT OF THE SOUL  
PSALM 22

1. Heart Cry 1-2
2. Hold on to facts and truth. Never doubt in the dark what you know to be true in the light. 3-5
3. Flip flop for a while. 6-21
4. Praise 22-31

**Reflection Questions:**

1. *Is there a situation you're avoiding, ignoring, or trying to go around? What would it take for you to go through it, to face it head-on?*
2. *List some of the times in the past when God has been faithful, then take some time to remember WHO God is and WHAT he has done. This will help you TRUST him in your current or future storms.*
3. *What can you praise and thank God for? Try doing this every night before bed. It can change your brain and your heart.*