

A silhouette of a person rappelling down a steep, reddish-brown rock face. The climber is positioned on the right side of the frame, with their body angled away from the rock. A rope is visible extending from the top of the rock down to the climber. The background is a clear, teal-colored sky. The overall image has a warm, slightly desaturated color palette.

Thriving  
NOT Just SURVIVING



A person is rappelling down a steep, reddish-brown rock face. The person is silhouetted against a clear, teal-colored sky. A rope is visible extending from the top of the rock face down to the person. The overall mood is one of challenge and resilience.

# Thriving

in the midst of **HARDSHIP**



A silhouette of a person rock climbing a steep, reddish-brown cliff face. The climber is positioned on the right side of the frame, reaching up with their arms. A rope is visible, extending from the climber down towards the bottom left. The background is a clear, teal-colored sky. The overall image has a warm, slightly desaturated color palette.

# Thriving

in the midst of **HARDSHIP**

1. Being totally honest



# Psalm 69:1-4

Save me, O God, for the waters have come up to my neck.

<sup>2</sup> I sink in the miry depths, where there is no foothold.  
I have come into the deep waters; the floods engulf me.

<sup>3</sup> I am worn out calling for help; my throat is parched.

My eyes fail, looking for my God.

<sup>4</sup> Those who hate me without reason  
outnumber the hairs of my head;  
many are my enemies without cause,  
those who seek to destroy me.  
I am forced to restore what I did not steal



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A person is rappelling down a dark, textured rock face. The person is silhouetted against a bright teal sky. A rope is visible extending from the top of the rock down to the person. The overall mood is one of challenge and resilience.

# Thriving

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## 2. Taking Responsibility



# Psalm 69:5-12

<sup>5</sup> You, God, know my folly; my guilt is not hidden from you.

<sup>6</sup> Lord, the Lord Almighty, may those who hope in you  
not be disgraced because of me; God of Israel,  
may those who seek you not be put to shame because of me.

<sup>7</sup> For I endure scorn for your sake, and shame covers my face.

<sup>8</sup> I am a foreigner to my own family, a stranger to my own mother's children;

<sup>9</sup> for zeal for your house consumes me, and the insults of those who insult  
you fall on me.

<sup>10</sup> When I weep and fast, I must endure scorn;

<sup>11</sup> when I put on sackcloth, people make sport of me.

<sup>12</sup> Those who sit at the gate mock me, and I am the song of the drunkards.



A silhouette of a person rock climbing a steep, textured rock face. The climber is positioned on the right side of the frame, reaching up with their right arm. A rope is visible, extending from the climber down towards the bottom left. The background is a dark, overcast sky. The overall mood is somber and contemplative.

# Hurt, The Downward Spiral Nine Inch Nail's

Beneath the stains of time  
The feelings disappear  
You are someone else  
I am still right here



A person is rappelling down a steep, reddish-brown rock face. The person is silhouetted against a clear, bright blue sky. They are holding onto a rope that runs diagonally across the frame. The rock face is textured and craggy. The overall mood is one of challenge and triumph.

# Thriving

in the midst of **HARDSHIP**

3. Changing our 'I, me and my' to You



# Psalm 69:13-18

<sup>13</sup> But I pray to you, Lord, in the time of your favor;  
in your great love, O God, answer me with your sure salvation.

<sup>14</sup> Rescue me from the mire, do not let me sink;  
deliver me from those who hate me, from the deep waters.

<sup>15</sup> Do not let the floodwaters engulf me or the depths swallow me  
up  
or the pit close its mouth over me.

<sup>16</sup> Answer me, Lord, out of the goodness of your love; in your great  
mercy turn to me.

<sup>17</sup> Do not hide your face from your servant; answer me quickly, for I  
am in trouble.

<sup>18</sup> Come near and rescue me; deliver me because of my foes.



A person is rappelling down a steep, reddish-brown rock face. The person is silhouetted against a clear, bright blue sky. They are holding onto a rope that runs diagonally across the frame. The rock face is textured and shows signs of weathering. The overall scene conveys a sense of challenge and overcoming adversity.

# Thriving

in the midst of **HARDSHIP**

4. It's possible to be angry but not sin



# Psalm 69:19-28

<sup>19</sup> You know how I am scorned, disgraced and shamed; all my enemies are before you.

<sup>20</sup> Scorn has broken my heart and has left me helpless; I looked for sympathy, but there was none, for comforters, but I found none.

<sup>21</sup> They put gall in my food and gave me vinegar for my thirst.

<sup>22</sup> May the table set before them become a snare; may it become retribution and a trap.

<sup>23</sup> May their eyes be darkened so they cannot see, and their backs be bent forever.



# Psalm 69:19-28

<sup>24</sup> Pour out your wrath on them; let your fierce anger overtake them.

<sup>25</sup> May their place be deserted; let there be no one to dwell in their tents.

<sup>26</sup> For they persecute those you wound and talk about the pain of those you hurt.

<sup>27</sup> Charge them with crime upon crime; do not let them share in your salvation.

<sup>28</sup> May they be blotted out of the book of life and not be listed with the righteous.



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# Thriving

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## 5. Praise and Thanksgiving



# Psalm 69:29-36

<sup>29</sup> But as for me, afflicted and in pain - may your salvation, God, protect me.

<sup>30</sup> I will praise God's name in song and glorify him with thanksgiving.

<sup>31</sup> This will please the Lord more than an ox, more than a bull with its horns and hooves.

<sup>32</sup> The poor will see and be glad - you who seek God, may your hearts live!

<sup>33</sup> The Lord hears the needy and does not despise his captive people.

<sup>34</sup> Let heaven and earth praise him, the seas and all that move in them, <sup>35</sup> for God will save Zion and rebuild the cities of Judah. Then people will settle there and possess it; <sup>36</sup> the children of his servants will inherit it, and those who love his name will dwell there.



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# Thriving

in the midst of **HARDSHIP**

1. Be totally honest with ourselves and our situation
2. Take responsibility for our lives to move forward
3. Changing our focus from ourselves and our circumstances to God
4. Express our anger appropriately and hand our enemies over to God
5. Give Praise and Thanksgiving even in the midst of hardship