

Step 1: Recognize what you're feeling, how are you currently valuing things, what hurts, what are your fears and bring them to the father. BE HONEST WITH YOURSELF AND GOD.

Step 2: Think about who God is, what you know about him, and what he might feel and do in this scenario. What might God care about here and how much?

Step 2b: Think about what God has done in the past both for you, and for others to help you here.

Step 3: Choose to act in accordance with what you know about God, his values, and in line with what he's done in the past – even if you don't feel like it.

Psa 31:1 To the choirmaster. A Psalm of David. In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me!

Psa 31:2 Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!

Psa 31:3 For you are my rock and my fortress; and for your name's sake you lead me and guide me;

Psa 31:4 you take me out of the net they have hidden for me, for you are my refuge.

Psa 31:5 Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

Psa 31:6 I hate those who pay regard to worthless idols, but I trust in the LORD.

Psa 31:7 I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul,

Psa 31:8 and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.

Psa 31:9 Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also.

Psa 31:10 For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.

Psa 31:11 Because of all my adversaries I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me.

Psa 31:12 I have been forgotten like one who is dead; I have become like a broken vessel.

Psa 31:13 For I hear the whispering of many— terror on every side!— as they scheme together against me, as they plot to take my life.

Psa 31:14 But I trust in you, O LORD; I say, "You are my God."

Psa 31:15 My times are in your hand; rescue me from the hand of my enemies and from my persecutors!

Psa 31:16 Make your face shine on your servant; save me in your steadfast love!

Psa 31:17 O LORD, let me not be put to shame, for I call upon you; let the wicked be put to shame; let them go silently to Sheol.

Psa 31:18 Let the lying lips be mute, which speak insolently against the righteous in pride and contempt.

Psa 31:19 Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!

Psa 31:20 In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues.

Psa 31:21 Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was in a besieged city.

Psa 31:22 I had said in my alarm, "I am cut off from your sight." But you heard the voice of my pleas for mercy when I cried to you for help.

Psa 31:23 Love the LORD, all you his saints! The LORD preserves the faithful but abundantly repays the one who acts in pride.

Psa 31:24 Be strong, and let your heart take courage, all you who wait for the LORD!

Psa 43:1 Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me!

Psa 43:2 For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy?

Psa 43:3 Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

Psa 43:4 Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God.

Psa 43:5 Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.

Psa 94:14 For the LORD will not forsake his people; he will not abandon his heritage;

Psa 94:15 for justice will return to the righteous, and all the upright in heart will follow it.

Psa 94:16 Who rises up for me against the wicked? Who stands up for me against evildoers?

Psa 94:17 If the LORD had not been my help, my soul would soon have lived in the land of silence.

Psa 94:18 When I thought, "My foot slips," your steadfast love, O LORD, held me up.

Psa 94:19 When the cares of my heart are many, your consolations cheer my soul.

Psa 94:20 Can wicked rulers be allied with you, those who frame injustice by statute?

Psa 94:21 They band together against the life of the righteous and condemn the innocent to death.

Psa 94:22 But the LORD has become my stronghold, and my God the rock of my refuge.

Psa 94:23 He will bring back on them their iniquity and wipe them out for their wickedness; the LORD our God will wipe them out.