

# Permission to be Honest

## Psalm 6

*Pastor Jonathan Sole*

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Central Idea: When we are overwhelmed with grief or pain, we can pour out our hearts to God and know he hears our cry for help.

I. Bring Your Pain to God (vv. 1-3)

II. Stay Rooted in Relationship (vv. 4-5)

III. Acknowledge the Effects of Grief (vv. 6-7)

IV. Trust That God Hears and Sees (vv. 8 -10)