

The SHEnergized  
SisStarhood  
Spirit | Mind | Body  
*Spiritual Empowerment Experience*  
**June 16, 2024**  
**HOPE FROM THE PSALMS**  
**Smiling/Praising Through the Pain**  
*Psalms 55*  
JOIN US SUNDAYS  
8:30 AM EASTERN  
zoom JOIN ONLINE OR CALL: 646-558-8656  
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## HOPE FROM THE PSALMS

### Smiling/Praising Through the Pain

#### Psalms 55

#### I. Smile/Praise

#### Word Definitions

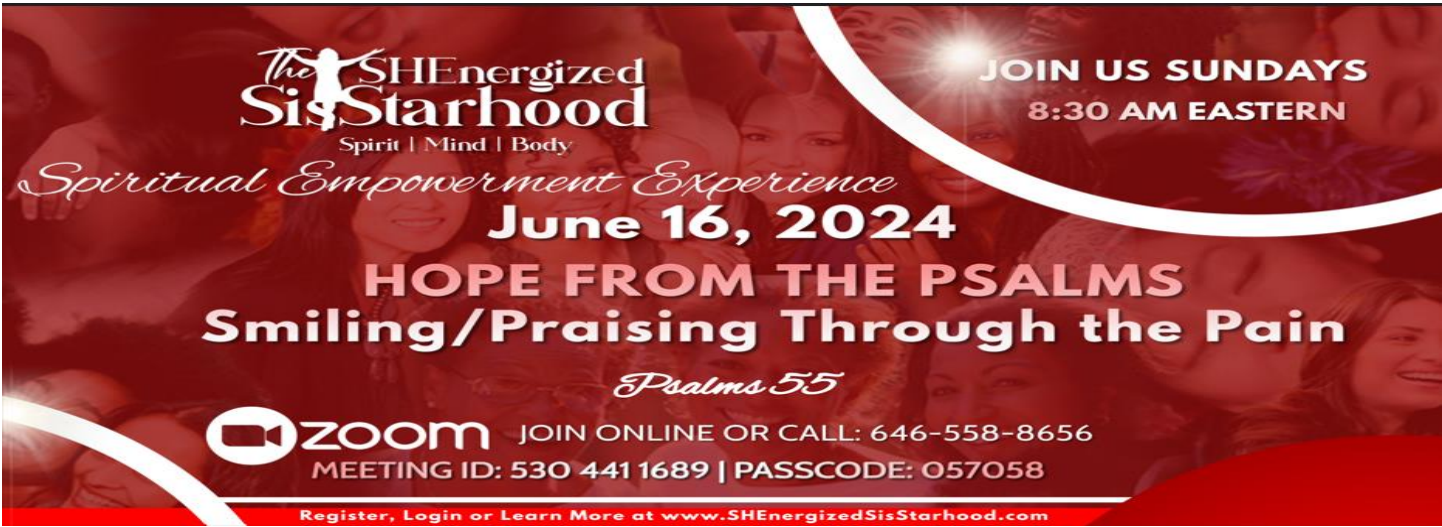
1. Smile/Praise: To express approval and have a pleasant disposition in the midst of difficult issues; to acknowledge God;
2. Thought: In spite of;
3. Pain: Torment, anguish, tribulation;
4. Position/Posture: To take a stand and not be moved;
5. Dis: To go beyond;
6. Disposition: to take a position or stand beyond what is expected in a situation;

#### Old Testament

Psalm 55  
Psalms 30:5

#### New Testament

II Corinthians 4:7  
James 1:2  
St. John 16:33



Romans 12:1-2  
 II Corinthians :18

**II. I Would Just Fly Away**

Psalms 55  
 I Samuel 16 & 17

II Corinthians 4:7

**III. Pain is Pain...BUT...Praise is Praise**

Psalms 56:8

II Corinthians 4:8-9  
 II Corinthians 9:17-18  
 II Corinthians 12

**SisStarly Reflections**

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