



HEART & FEELINGS

praying with all your parts











Responses to our emotions:

1. Suppress or deny 








Responses to our emotions:

1. Suppress or deny 
2. Give in and let it loose 





Responses to our emotions:

1. Suppress or deny 
2. Give in and let it loose 
3. Pray it. 





EMOTIONS IN THE PSALMS

Anger (4:4).

Depression (42:5).

Love (18:1).

Anxiety (3:1).

Fear (2:11).

Marveling (118:23).

Awe (33:8).

Gladness (9:2).

Pain (69:29).

Brokenness (34:18).

Gratitude (35:18).

Peace (4:8).

Confidence (27:3).

Grief (6:7).

Regret (38:18).

Contrition (51:17).

Hope (33:22).

Shame (44:15).

Delight (1:2).

Joy (4:7).

Sorrow (31:10).

Desire (10:17).

Loneliness (25:16).

Zeal (69:9).







Psalm 43:1-5

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



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?



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



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.



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.



Psalm 43:1-5

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



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?



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



Emotion + Response

Cheated, Unsafe

Pray for help

Rejected, Mourning,
Oppressed

Pours out heart

Lost, Outcast, Alone

Pleads for guidance



Psalm 43:1-5

Emotion + Response



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.

Hope, Joy, Accepted
Confession of hope



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**.

Despair, Depression,
Hope, Anticipation
Command own soul,
Confession of hope





- State your plea
- Name your emotions
- Remember God
- Ask for God's perspective
- Command your soul

