







Responses to our emotions:

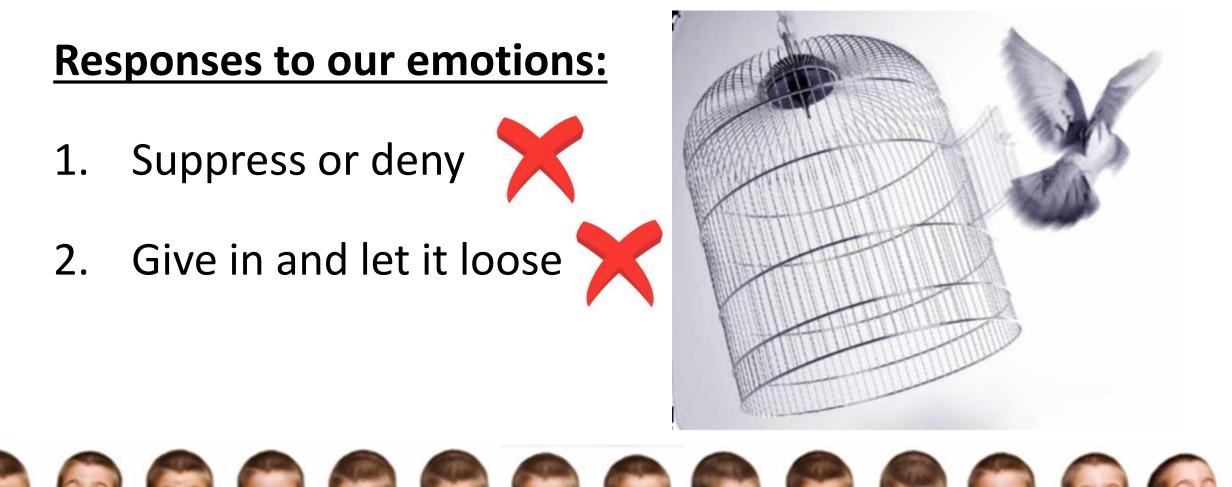
1. Suppress or deny













- **Responses to our emotions:**
- 1. Suppress or deny
- 2. Give in and let it loose
- 3. Pray it.

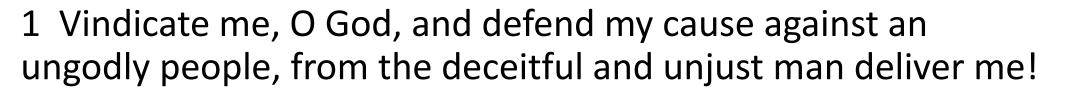


	EMOTIONS IN THE PSALMS			
	Anger (4:4).	Depression (42:5).	Love (18:1).	
	Anxiety (3:1).	Fear (2:11).	Marveling (118:23).	
	Awe (33:8).	Gladness (9:2).	Pain (69:29).	
	Brokenness (34:18).	Gratitude (35:18).	Peace (4:8).	
	Confidence (27:3).	Grief (6:7).	Regret (38:18).	
	Contrition (51:17).	Hope (33:22).	Shame (44:15).	
	Delight (1:2).	Joy (4:7).	Sorrow (31:10).	
	Desire (10:17).	Loneliness (25:16).	Zeal (69:9).	
6-0				





Psalm 43:1-5



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?

Emotion + Response

Cheated, Unsafe Pray for help

Rejected, Mourning, Oppressed Pours out heart

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

Lost, Outcast, Alone Pleads for guidance



Psalm 43:1-5



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. **Emotion + Response**

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

