

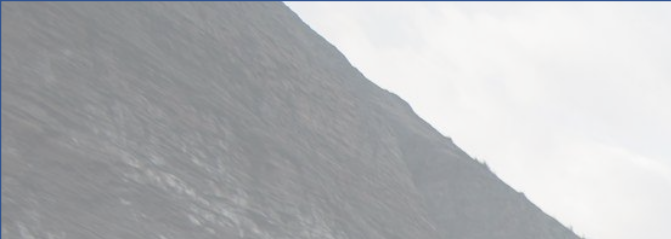
A person with a backpack stands on a large rock in the foreground, looking out over a vast, turquoise lake. The lake is surrounded by dense evergreen forests and towering, rugged mountains in the background. The sky is filled with soft, white clouds. The overall scene is serene and majestic.

faith & Feelings
praying with all your heart

2 Corinthians 11:28

And, apart from [all these hardships], there is the daily pressure on me of my anxiety for all the churches.







A person with a backpack stands on a large rock in the foreground, looking out over a vast, turquoise lake. The lake is surrounded by steep, rocky mountains and dense evergreen forests. The sky is overcast with soft, grey clouds. The scene is serene and majestic, capturing a moment of solitude in nature.

A DANGEROUS LIE:

*God is more concerned about
what I do than how I feel.*

Responses to emotions:

1. Suppress or deny



Responses to emotions:

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



Responses to emotions:

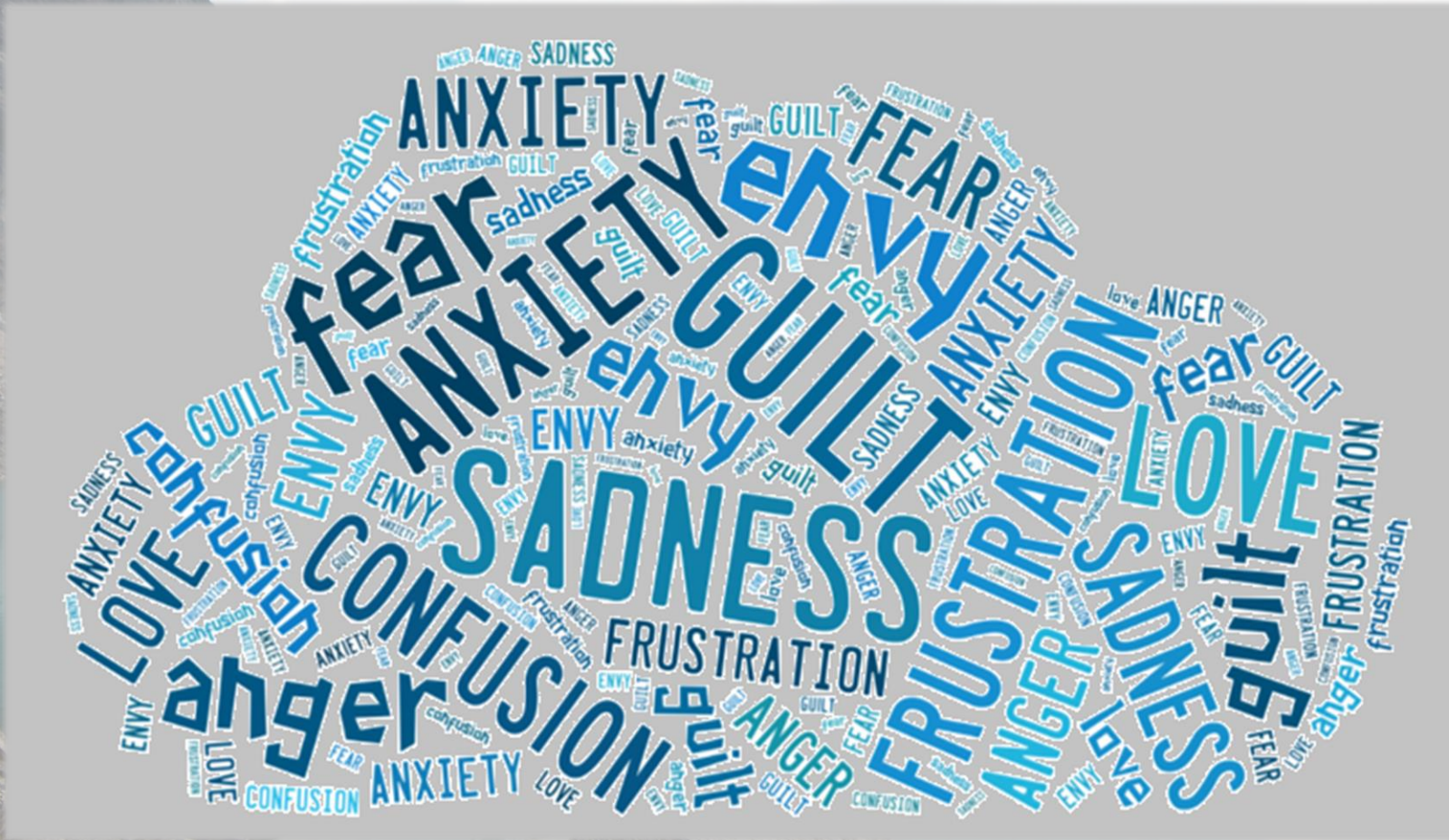
- ~~1. Suppress or deny~~
- ~~2. Give in and let it loose~~
3. Pray it!



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).

Name | Claim | Tame | Reframe



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!

Emotion + Response

desperate, betrayed, unsafe

Cry for help



Psalm 43:1-5

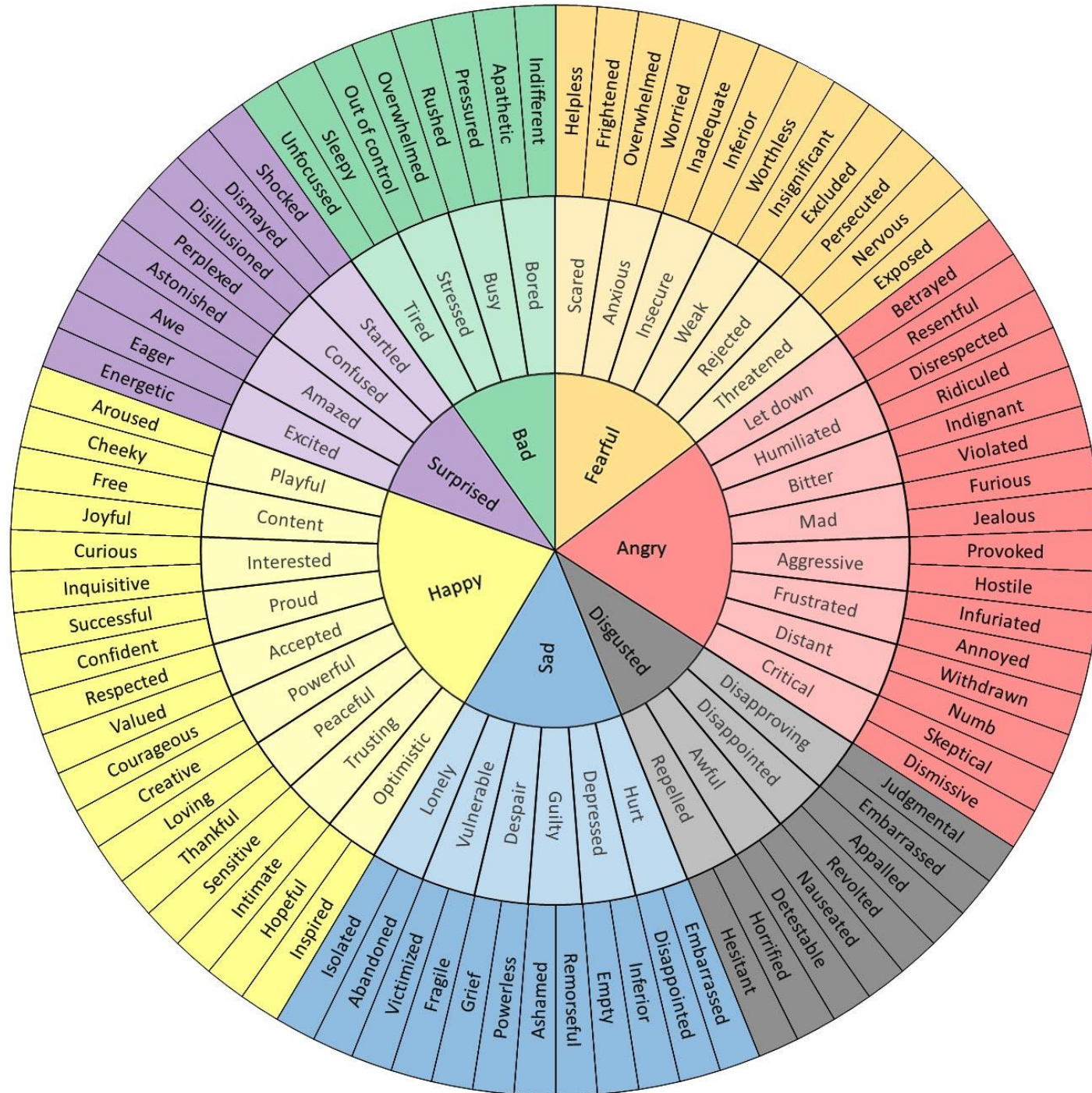
2 For you are the God in whom I take **refuge**;
why have you **rejected** me? Why do I go
about **mourning** because of the **oppression** of
the enemy?

vulnerable, rejected,
melancholy, oppressed

Pours out heart



- Name it
- Claim it
- Tame it





Lament:

1. Language of loss
2. Solution to silence
3. Category for complaints
4. Framework for feelings
5. Process for our pain
6. Way to worship

*Mark Vroegop,
"Dark Clouds,
Deep Mercy"*



Psalm 43:1-5

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

lost, hopeless, 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.

hope, joy, accepted

Profess hope



Psalm 43:1-5

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

**Point your soul,
Possess your hope**

What do you want? | What do you feel?

What does God see? | Let that direct you

Direct your soul in hope

