



Psalms Made Practical

"Do I not hate those who hate You, O Lord? And do I not loathe those who rise up against You? I hate them with the utmost hatred; They have become my enemies." (139:21-22)

The Emotions Of The Psalms

I. Introduction

The Psalms are more than expressions of emotion to God; they are emotional expressions of the faithful. These are the feelings of people who were righteous in their lives and saved in their death. The conclusion, then, is that we must not judge their emotions but learn the goodness of them. They teach us the proper way to express ourselves to God.

As disciples of Christ, our work is to learn about Him and become Him (Luke 6:40). We must grow in our wisdom, our works and even our emotions. Someone might think that means we should always be contented and at peace. However, Jesus expressed a wide range of emotions, from frustration (Matthew 8:26) and anger (John 2:13-17) to excitement (Luke 10:17-18) all the way down to grief (Mark 3:5).

These Psalms teach us the appropriateness of such emotions. They give us permission to express them. They teach us what mature communication with God looks like. If we will study and apply them, we will expand our emotional vocabulary in our own prayers and worship to God.

- ✓ What are signs of emotional immaturity in worship and prayer to God?

In the next section, begin by defining the emotion to be studied. Answer how that emotion can be both a sin and a virtue. Then study the Psalms depicting that emotion and write what you learn about expressing it to God.

II. "Up" Emotions

- 1) **Confidence** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 27:1-6

✓ Psalm 139:19-24

2) **Joy** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 66

✓ Psalm 84

3) **Gratitude** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 40

✓ Psalm 138

4) **Awe** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 19

✓ Psalm 91

5) **Contentment** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 23

✓ Psalm 62

II. "Down" Emotions

1) **Despair** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 42

✓ Psalm 77

2) **Bitterness** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 94

✓ Psalm 109

3) **Depression** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 88

✓ Psalm 137

4) **Guilt** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 32

✓ Psalm 51

5) **Outrage** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 58

✓ Psalm 79

III. “Uncertainty” Emotions

1) **Stress** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 69

✓ Psalm 31:9-13

2) **Doubt** Means . . .

A Virtue When . . .

A Vice When . . .

✓ Psalm 13

✓ Psalm 73

3) **Anxiety** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 12

✓ Psalm 86

4) **Uncertainty** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 6

✓ Psalm 13

5) **Fear** Means ...

A Virtue When ...

A Vice When ...

✓ Psalm 55

✓ Psalm 56

