

Connection

What food or candy do you crave more than any other?

Content

God has emotions but no mood swings! He has created us to have emotions, to have feelings. But emotions and feelings are never supposed to control us.

Instead, God is using them to get our attention.

What do you think or feel when you read that statement?

God Uses Our Emotions to Get Our Attention

1. Read Psalm 86. In this Psalm, what is God trying to tell you about mankind in general?

What does this tell you about yourself specifically?

2. Furthermore, in this Psalm, what is God trying to tell you about Himself? How does that make you feel?

Psalms Teach Us to Praise, Seek & Relate

3. In his fever of intense feelings and need, the psalmist praises God genuinely (vs. 8-10). He seeks God constantly (v. 1), and he relates to God freely (v. 13).

What would help you make spontaneous praise a meaningful and more consistent feature of your life?

4. Seeking God constantly and saying "I give myself to You" (vs.4) and "Teach me Your ways" are ways for us to worship and relate to Him.

How can you give yourself over to God today and lay before Him the things that are burdening you?

Each Emotion You Experience Points to an Attribute of God

5. Verses 5, 10, 15 and 17 name attributes of God that meet our emotional needs. These include God's mercy and love (v. 5), power (v. 10), compassion and faithfulness (v.15), and favor (v. 17).

How would you explain any of these attributes of God to someone you care about who is in emotional pain?

6. God understands what you are feeling and going through. Which attribute of God from Psalm 86 is speaking to you today?

Commitment

7. As we walk through the Psalms in this sermon series we will see a variety of emotions expressed by the writers of the Psalms. Emotions are the soul's response to life's experiences, and they are a reflection of the fact that we are made in God's image.

It is easy to be emotionally unhealthy, though. Which of these traps are you tempted to fall into when processing your emotions?

- Ignore
- Downplay
- Overemphasize
- Spiritualize
- Demonize
- Hide

Spend a moment praying that the Lord will help you grow more emotionally healthy as you study Psalms.



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

This week, **Serve** a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S them.

Would you like to give any updates to the group on someone you have shared about in the past?