

Feeling the
PSALMS



Feeling the PSALMS

Why does God allow us to feel emotions?

What purpose do they serve in God's kingdom?

Is it part of being made in the image of God? If so, does God feel emotion?

Feeling the PSALMS

Of course emotions like joy, peace, contentment make perfect sense.

But sadness, fear, anger?

What purpose could emotions like that possibly serve in God's kingdom?

Feeling the PSALMS

We are going to explore this journey into our feelings by looking at the Psalms.

The Psalms are a tour of the range of human emotions written from very raw places

They will give us insight into how God views our emotions

Feeling the PSALMS

Part of the struggle with our emotions is that it's often not even clear cut what we are feeling.

Feeling the PSALMS

Explore what you're feeling (a process of discovery)

Name the feeling

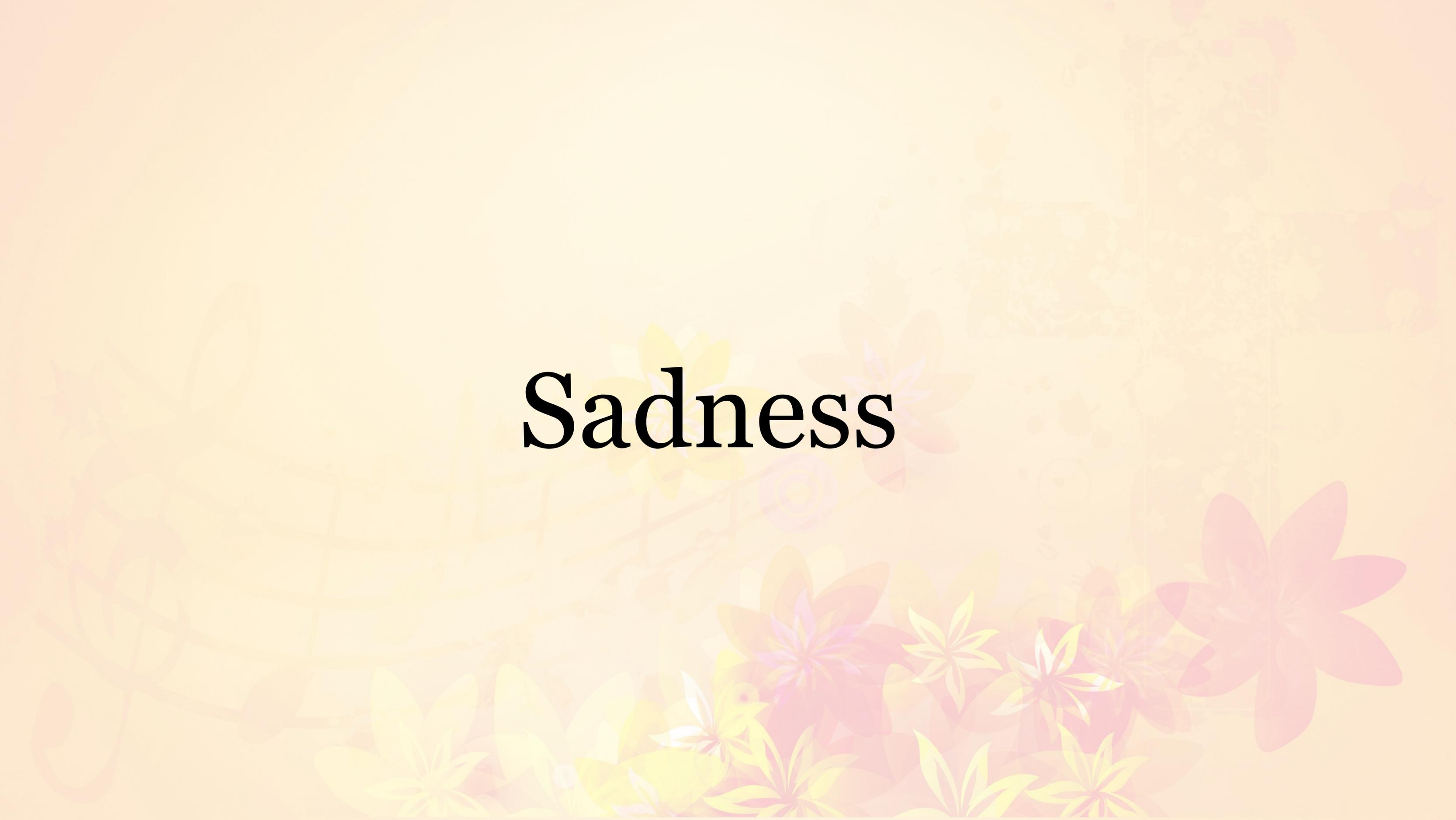
Acknowledge the feeling (owning the feeling without rejecting or judging the feeling)

Share with someone else what I'm feeling

Feeling the PSALMS

Emotions make great servants but terrible masters

Sadness

The background is a soft, light beige gradient. It features faint, repeating floral patterns in shades of yellow and pink. A prominent, large, stylized pink flower with multiple petals is located in the bottom right corner. The overall aesthetic is gentle and artistic.

Sadness

Why would sadness possibly be a part of our world?

Sadness comes from a lot of different places

Disappointment

Failure

Loss

Chemical Imbalance

Nostalgia

How Does Society View Sadness?

Something to be fixed

Something to run from

Something to drown out

Psalms of Sadness

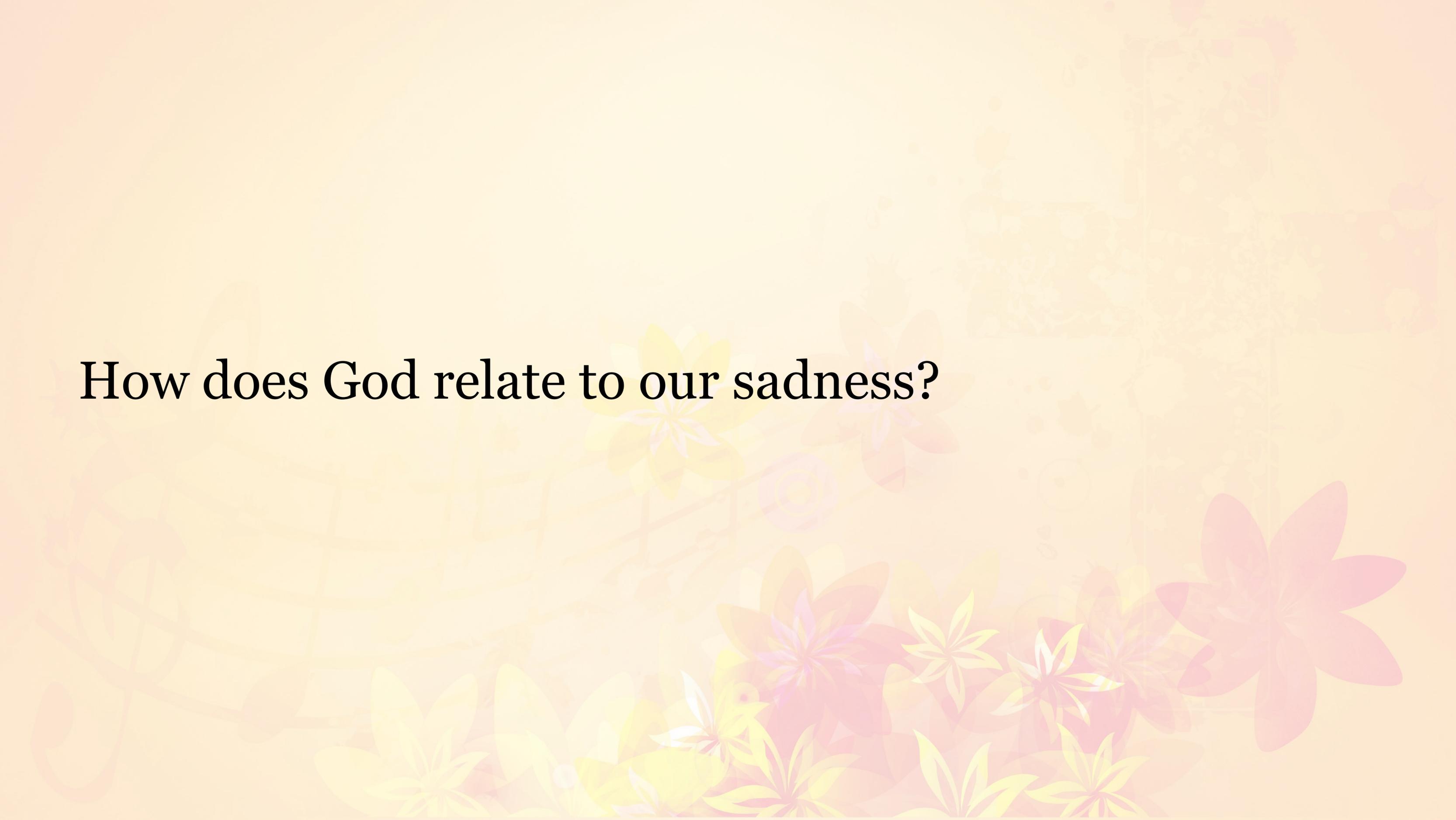
The Psalmists were not afraid to feel sad or to let God know they were feeling sad

There are forty-two individual psalms of lament and sixteen community or national psalms of lament

Psalm 42:1-5

As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?
My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”
These things I remember
as I pour out my soul:
how I used to go to the house of God
under the protection of the Mighty One
with shouts of joy and praise
among the festive throng.
Why, my soul, are you downcast?
Why so disturbed within me?

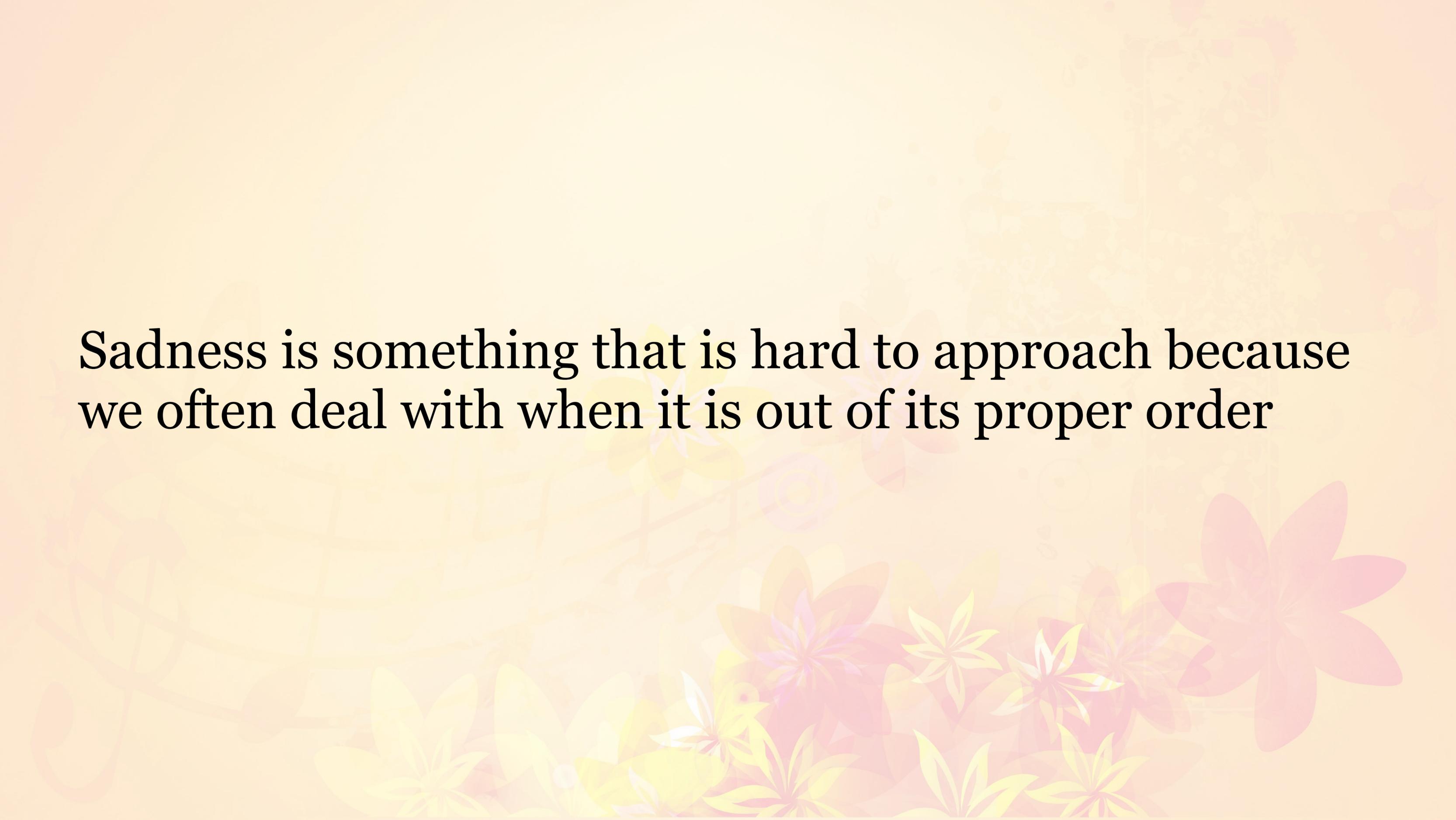
How does God relate to our sadness?



Jeremiah 8:21-9:1

Since my people are crushed, I am crushed;
I mourn, and horror grips me.
Is there no balm in Gilead?
Is there no physician there?
Why then is there no healing
for the wound of my people?
Oh, that my head were a spring of water
and my eyes a fountain of tears!
I would weep day and night
for the slain of my people.

Sadness is something that is hard to approach because we often deal with when it is out of its proper order



Disordered Sadness

We see everything through a lens of sadness

It can hang over us for seemingly no reason

It isolates us

We run from it into addiction to hide from the pain

We allow it to rule us

Psalm 31:9-12

Be merciful to me, Lord, for I am in distress;

my eyes grow weak with sorrow,
my soul and body with grief.

My life is consumed by anguish

and my years by groaning;

my strength fails because of my affliction,

and my bones grow weak.

Because of all my enemies,

I am the utter contempt of my neighbors
and an object of dread to my closest friends—
those who see me on the street flee from me.

I am forgotten as though I were dead;

I have become like broken pottery.

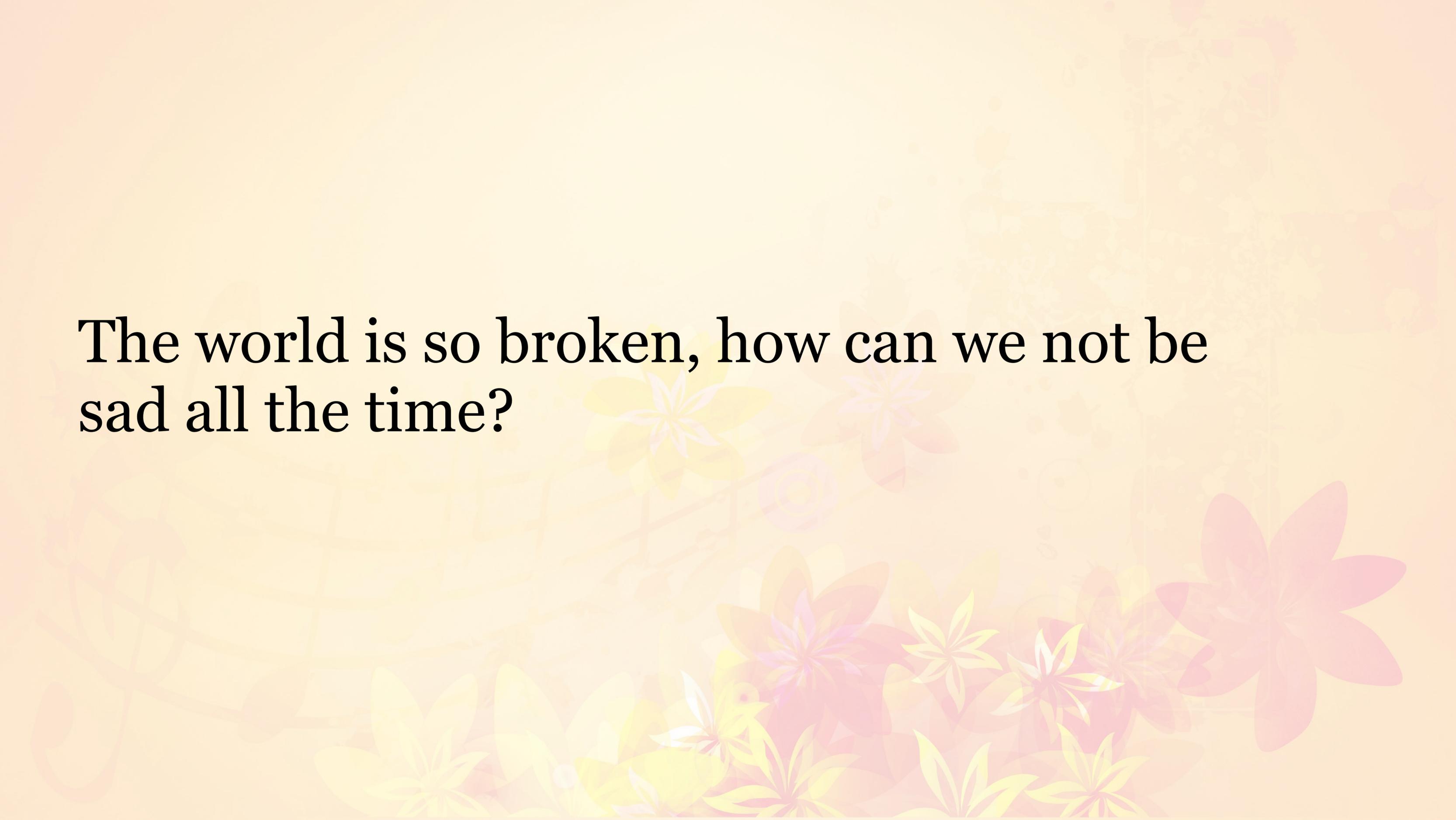
What role is sadness supposed to play in our lives?

We should grieve over the ways the world is misaligned from the kingdom of God

Loss should fill us with sadness

It should break our hearts when we see suffering

The world is so broken, how can we not be sad all the time?



The goal is not to avoid sadness

The goal is to hold sadness with a balanced view

And the ballast that holds us afloat is hope

Hope

Not the “wish upon a star” kind of hope

A Biblical kind of hope

Hebrews 11:1

Now faith is confidence in what we hope for and assurance about what we do not see.

Hebrews 6:17-20

Because God wanted to make the unchanging nature of his purpose very clear to the heirs of what was promised, he confirmed it with an oath. God did this so that, by two unchangeable things in which it is impossible for God to lie, we who have fled to take hold of the hope set before us may be greatly encouraged. We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf.

Hope

Confidence and security that God will set things right

His Presence is promised in the ups and downs of life

Lamentations 3:22-23

*Because of the Lord's great love we are not consumed,
for his compassions never fail.*

*They are new every morning;
great is your faithfulness.*

We see the psalmists cling to hope time and time again. They feel their feelings. They let those feelings run over them in all their rawness. And then they hold up truth to anchor themselves in the midst of the storm.

Psalm 31:14-15, 19-21, 24

But I trust in you, Lord;

I say, "You are my God."

My times are in your hands;

deliver me from the hands of my enemies,
from those who pursue me...

How abundant are the good things

that you have stored up for those who fear you,
that you bestow in the sight of all,
on those who take refuge in you.

In the shelter of your presence you hide them

from all human intrigues;

you keep them safe in your dwelling

from accusing tongues.

Praise be to the Lord,

for he showed me the wonders of his love
when I was in a city under siege...

Be strong and take heart,

all you who hope in the Lord.

Psalm 42:5-8, 11

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Savior and my God.

My soul is downcast within me;

therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

Deep calls to deep

in the roar of your waterfalls;
all your waves and breakers
have swept over me.

By day the Lord directs his love,
at night his song is with me—
a prayer to the God of my life...

Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,
for I will yet praise him,
my Savior and my God.

Sadness Healed

There is a freedom to feel sadness when we know that it is not the end of our story

We are not called to experience sadness but not to live there

When we are mastered by sadness, we need a reorientation for our soul

Sadness Healed

Counseling and sometimes medication

Community and prayer

Commitment to truth

Sadness Redeemed

Properly ordered sadness allows our heart to break, but also allows the Lord to be the healer of our heart

It's a gift to feel deeply the pain of others

It's a gift to be comforted in the midst of our pain

Is sadness mastering you in any way?

When you are feeling low, what do you cling to?

What does it look like for you to allow sadness to bring you closer to people and to God

The background features a light beige color with a subtle floral pattern. On the left side, there is a faint illustration of a woven basket filled with various fruits, including apples and oranges. The overall aesthetic is soft and decorative.

Questions?

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