

Learning to Pray From the Psalms

Whatever You're Feeling,
There's a Psalm for That

Lesson 9
June 4

Life is full of all sorts of emotions, but one of the beautiful things about the big book in the middle of our Bibles? Whatever you're feeling, there's a psalm for that.

If you're feeling gladness...

Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure...

You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore. (Psa 16:9, 11)

- According to 16:8, what had David done? How can we do the same sort of thing today?

If you're feeling sadness...

The LORD is near to the brokenhearted
and saves the crushed in spirit. (34:18)

- According to 1 Samuel 21:10-15, what was going on in David's life at this point? Even in such a tough time, how do you think he was able to say what he did in Psalm 34:8?

If you're feeling fear...

The LORD is my light and my salvation;
whom shall I fear? (27:1)

- What do you see in Psalm 27 that helped David (and can help us) deal with fear?

If you're feeling uncertainty...

How long, O LORD? Will you forget me forever?

How long will you hide your face from me?

How long must I take counsel in my soul

and have sorrow in my heart all the day?

How long shall my enemy be exalted over me? (13:1-2)

- How might we struggle with uncertainty today? Even in a time of uncertainty, how did David pray in 13:5-6? What difference can that make when we're feeling uncertainty?

If you're feeling loneliness...

Turn to me and be gracious to me,

for I am lonely and afflicted. (25:16)

- Can a relationship with God really help us when we're feeling lonely? If so, how?

If you're feeling hurt...

My heart is in anguish within me;

the terrors of death have fallen upon me. (55:4)

- As you scan Psalm 55, what had happened in David's life? Could Jesus (in whose name we pray today) relate to this sort of treatment from others? So what can we pray when we've been hurt by others?

If you're feeling guilt...

O LORD, why do you cast my soul away?

Why do you hide your face from me? (88:14)

- What is it easy to do when we feel guilty? Why is it really important to pray, even (or especially) when we're feeling guilt?
- Our video ended with the New Testament teaching of Romans 5:6-8. What difference ought these truths make in our prayer lives?