

Review

The General Problem: Our feelings are broken by sin and negatively shaped by culture.

The General Solution: The Psalms model healthy handling of our emotions and offer an alternative culture to shape our feeling.

Problem #1: We struggle to name our feelings for various reasons

Antidote #1: The Psalms help us name a wide variety of emotions in a space of prayer.

Problem #2: Some poor feeling is linked to poor thinking.

Antidote #2: The Psalms provide a model and resources for redirecting our thinking which, in time, can reshape our feeling.

Books on Psalms I have benefited from...

Popular

Keller, Tim. *The Songs of Jesus*.

Lewis, C. S. *Reflections on the Psalms*.

Longman, Tremper. *How to Read the Psalms*.

Peterson, Eugene. *Answering God: The Psalms as Tools for Prayer*.

Piper, John. *Shaped by God: Thinking and Feeling in Tune with the Psalms*

Wenham, Gordon. *The Psalter Reclaimed: Praying and Praising with the Psalms*.

Heavier

Brueggemann, Walter. *The Psalms and the Life of Faith*.

_____. *The Message of the Psalms*

_____. *Praying the Psalms*.

McCann, J. Clinton. *A Theological Introduction to the Psalms*.

For starters...

Can you remember a 'bittersweet' moment that you have had recently or at some key moment in life?

Problem #3

1. We _____ feeling badly.
2. Culture _____ presenting negative feelings.

"[T]he agenda and intention of the Psalms is considerably at odds with the normal speech of most people, the normal speech of a stable, functioning, self-deceptive culture in which everything must be kept running young and smooth."

W. Brueggemann

Antidote #3

The Psalms train us in _____
and _____ hard feelings.

TRAINING

We all need help
managing our
emotions.

The Psalms model
and resource the
process of engaging
with hard feelings.

**ARE YOU
FEELING
WELL?**



Psalm 10

What emotions do you hear the psalmist expressing in the psalm?

What situation caused the emotional expression?

Try to name a contemporary situation for which the feelings or sections of this psalm might be appropriate expressions.

*We don't learn Psalms
until we are praying them.*
E. Peterson

Psalm 79

What emotions do you hear the psalmist expressing in the psalm?

What situation caused the emotional expression?

Try to name a contemporary situation for which the feelings or sections of this psalm might be appropriate expressions.

Psalm 88

What emotions do you hear the psalmist expressing in the psalm?

What situation caused the emotional expression?

Try to name a contemporary situation for which the feelings or sections of this psalm might be appropriate expressions.

“[M]ost of the Psalms can only be appropriately prayed by people who are living at the edge of their lives, sensitive to the raw hurts, the primitive passions, and the naïve elations that are at the bottom of our life.”
W. Brueggemann

Taking it with you...

What are some situations in your life or the world right now that evoke deep emotions? (Or you think should).

How do you *want* to respond to these situations? Or what is your *natural* response?

Is that a healthy response? Why or why not?

What verses from the psalms we covered in class might put into words a meaningful response to the situation you've named?