

Psalm 13

To the choirmaster. A Psalm of David.

address

1 How long, O Lord? Will you forget me forever? How long will you hide your face from me?

grievance

2 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?

plea

3 Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death,

4 lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

*expression
of faith*

5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation.

6 I will sing to the Lord, because he has dealt bountifully with me.

“

I'll just leave my sorrow/hurt/tears/
worry/loneliness/pain/grief here at
the door with the coats and umbrellas.

*-Christian coming to worship.
To rejoice in the Lord. Always.*

THE GOD OF OUR EMOTIONS

What the Bible Says about How I Feel

THE GOD OF OUR EMOTIONS

I. God feels and expresses delight, grief, anger, compassion...

➤ GOD

➤ Mt 3:17; Jn 17:24; Isa 61:8; 62:5; Zep 3:17

➤ Gen 6:5-6; Ps 78:40; Eph 4:30

➤ Ex 32:10

➤ JESUS

➤ Jn 13:15; 1 Pet 2:21; 1 Cor 11:1

➤ THE BIBLE

➤ 2 Pet 1:21

THE GOD OF OUR EMOTIONS

II. Our emotions need reconfiguring.

- ▶ Mt 16:21-23 - *you are not setting your mind on the things of God*
 - ▶ Rom 12:2 - *be transformed by the renewal of your mind*
 - ▶ Eph 4:22-23 - *be renewed in the spirit of your minds*
 - ▶ Col 3:1-2 - *set your minds on things that are above*
 - ▶ Php 4:8-9 - *think about these things...practice these things*
 - ▶ 1 Jn 2:15-17 - *the world is passing away with its desires*
 - ▶ Ja 4:8-9 - *Draw near to God...be wretched and mourn and weep*
 - ▶ Lk 6:21 - *blessed are you who weep now, for you shall laugh*
- THINK → DO → FEEL**
- Jn 13:17

THE GOD OF OUR EMOTIONS

III. God commands our emotions.

- REJOICE! - 1 Th 5:16; Php 2:18; 3:1; 4:4
- DELIGHT! - Ps 37:4; Pr 5:18
- FEAR! - Eccl 12:13; Lk 12:5
- WEEP! - Ja 4:8-9; Mt 5:4
- FROM the HEART! - De 6:4; Mt 18:35

THE GOD OF OUR EMOTIONS

What the Bible Says about How I Feel