

19. Write a brief summary of each psalm:

Ps. 46–

Ps. 61 –

Ps. 69 –

Ps. 130 –

Ps. 13 –

Ps. 55 –

Ps. 68 –

Ps. 79 –

Ps. 116 -



# Personal Psalms

Lesson #10

## Emotions !!!

Emotions are something that we all have. Some of us show them on the outside, some of us mask the outside, but the emotions are wreaking havoc on the inside. God created us with emotions. The Psalmist can help us to understand better how to deal with ours in a more healthy way.

<b>#10-EMOTIONS</b>	
Solution to worry	46
Overwhelmed	61
Feel helpless	69
Sense of sinful	130
Feeling fails	13
Feel like running	55
Joy in spite of	68
Feeling low	79
Feeling down	116

1. Read the Psalms in this section in one sitting. What is your first impression?
2. Now we are going to study Psalms 46. What is “a very present help”? Why doesn’t it always seem that way?
3. Read Ps. 46:2,3. This will will happen in the future. How do you think you will feel at the time?

4. When the earth is shaking and the mountains roaring, what is the Psalmist thinking about? Ps. 46:4. How did this help him?

5. What does it mean in verse 5 when it says, “she shall not be moved?”

6. “God will help her at the break of dawn.” What is the promise and what is also the concern in this verse?

7. What kind of comfort do you get from verse 6?

8. Why is God called the God of Jacob? How can that help us?

9. How does “beholding the works of the Lord” help a person deal with strong emotions like fear, dread, stress?

10. Based on the past (Ps. 46:9) what can God do in the midst of national disaster to help us?

11. What does it mean to “be still”?

12. If you were going to “be still and know that God is God” – what kind of thoughts would be going through your mind?

13. Why does the psalm end like it began? What is the message?

14. Read Psalms 130. When facing any kind of stressful situation, any feelings of guilt can aggravate all the other negative feelings we might experience. How is this psalmist feeling? Why?

15. What does verse 3,4 mean to you?

16. How does verses 5,6 relate to Ps. 46:5?

17. What is guilt? What is the solution for it? Ps. 130:5

18. What is the promise of God in this psalm to you?