

Managing Our Emotions

Emotions are complicated and complex, mysterious and mystifying. Even the experts are not sure what causes us to experience emotions. And for Christians, emotions can be troubling, frustrating, and untrustworthy.

Emotions often control your flesh, they can lead you into trouble, trials or temptations. Some emotions seem deeply spiritual; other emotions seem downright sinful.

Yet, God created us to experience emotions, however, there are still godly and ungodly ways to manage them. Lets take a trip through the bible and through the Book of Psalms to help us sort this out.

Philippians 4:13 (NIV)

13 I can do all this through him who gives me strength.

Galatians 5:16-25 (NIV)

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. **17** For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. **18** But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; **20** idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions **21** and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, **23** gentleness and self-control. Against such things there is no law. **24** Those who belong to Christ Jesus have crucified the flesh with its passions and desires. **25** Since we live by the Spirit, let us keep in step with the Spirit.

Romans 8:1- 17 (NIV)

Life Through the Spirit

1 Therefore, there is now no condemnation for those who are in Christ Jesus, **2** because through Christ Jesus the law of the Spirit who gives life

has set you free from the law of sin and death. **3** For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, **4** in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.

5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. **6** The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. **7** The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. **8** Those who are in the realm of the flesh cannot please God.

9 You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. **10** But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. **11** And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.

12 Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. **13** For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

14 For those who are led by the Spirit of God are the children of God.

15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." **16** The Spirit himself testifies with our spirit that we are God's children. **17** Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

2 Timothy 1:7 (NIV)

7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

So what are emotions?

Emotions: **a natural state of mind deriving from one's circumstances, mood or relationships with others. * instinctive or intuitive feeling from reasoning or knowledge.*

I've listed 12 different types of emotions, lets look through Psalms to see what it says about each one.

1- Joy: A Time to Dance

Learn to rejoice in the past, present, and future.

Psalm 33:1–22

We think joy is dependent upon our circumstances, but the Psalms help us realize that we can find joy in every circumstance.

Psalm 33

1

Sing joyfully to the Lord, you righteous;
it is fitting for the upright to praise him.

2

Praise the Lord with the harp;
make music to him on the ten-stringed lyre.

3

Sing to him a new song;
play skillfully, and shout for joy.

4

For the word of the Lord is right and true;
he is faithful in all he does.

5

The Lord loves righteousness and justice;
the earth is full of his unfailing love.

6

By the word of the Lord the heavens were made,
their starry host by the breath of his mouth.

7

He gathers the waters of the sea into jars;
he puts the deep into storehouses.

8

Let all the earth fear the Lord;
let all the people of the world revere him.

9

For he spoke, and it came to be;

he commanded, and it stood firm.

10

The Lord foils the plans of the nations;
he thwarts the purposes of the peoples.

11

But the plans of the Lord stand firm forever,
the purposes of his heart through all generations.

12

Blessed is the nation whose God is the Lord,
the people he chose for his inheritance.

13

From heaven the Lord looks down
and sees all mankind;

14

from his dwelling place he watches
all who live on earth—

15

he who forms the hearts of all,
who considers everything they do.

16

No king is saved by the size of his army;
no warrior escapes by his great strength.

17

A horse is a vain hope for deliverance;
despite all its great strength it cannot save.

18

But the eyes of the Lord are on those who fear him,
on those whose hope is in his unfailing love,

19

to deliver them from death
and keep them alive in famine.

20

We wait in hope for the Lord;
he is our help and our shield.

21

In him our hearts rejoice,
for we trust in his holy name.

22

May your unfailing love be with us, Lord,

even as we put our hope in you.

2- Abandonment: When You Feel Alone

Find strength when you feel forsaken.

Psalm 22:1–31

When we feel abandoned, we should be honest about our pain, but we should also look to community and to God to find strength.

Psalm 22

1

My God, my God, why have you forsaken me?

Why are you so far from saving me,
so far from my cries of anguish?

2

My God, I cry out by day, but you do not answer,
by night, but I find no rest.

3

Yet you are enthroned as the Holy One;
you are the one Israel praises.

4

In you our ancestors put their trust;
they trusted and you delivered them.

5

To you they cried out and were saved;
in you they trusted and were not put to shame.

6

But I am a worm and not a man,
scorned by everyone, despised by the people.

7

All who see me mock me;
they hurl insults, shaking their heads.

8

“He trusts in the Lord,” they say,
“let the Lord rescue him.

Let him deliver him,
since he delights in him.”

9

Yet you brought me out of the womb;
you made me trust in you, even at my mother’s breast.

10

From birth I was cast on you;
from my mother's womb you have been my God.

11

Do not be far from me,
for trouble is near
and there is no one to help.

12

Many bulls surround me;
strong bulls of Bashan encircle me.

13

Roaring lions that tear their prey
open their mouths wide against me.

14

I am poured out like water,
and all my bones are out of joint.
My heart has turned to wax;
it has melted within me.

15

My mouth is dried up like a potsherd,
and my tongue sticks to the roof of my mouth;
you lay me in the dust of death.

16

Dogs surround me,
a pack of villains encircles me;
they pierce my hands and my feet.

17

All my bones are on display;
people stare and gloat over me.

18

They divide my clothes among them
and cast lots for my garment.

19

But you, Lord, do not be far from me.
You are my strength; come quickly to help me.

20

Deliver me from the sword,
my precious life from the power of the dogs.

21

Rescue me from the mouth of the lions;
save me from the horns of the wild oxen.

22

I will declare your name to my people;
in the assembly I will praise you.

23

You who fear the Lord, praise him!
All you descendants of Jacob, honor him!
Revere him, all you descendants of Israel!

24

For he has not despised or scorned
the suffering of the afflicted one;
he has not hidden his face from him
but has listened to his cry for help.

25

From you comes the theme of my praise in the great assembly;
before those who fear you I will fulfill my vows.

26

The poor will eat and be satisfied;
those who seek the Lord will praise him—
may your hearts live forever!

27

All the ends of the earth
will remember and turn to the Lord,
and all the families of the nations
will bow down before him,

28

for dominion belongs to the Lord
and he rules over the nations.

29

All the rich of the earth will feast and worship;
all who go down to the dust will kneel before him—
those who cannot keep themselves alive.

30

Posterity will serve him;
future generations will be told about the Lord.

31

They will proclaim his righteousness,
declaring to a people yet unborn:

He has done it!

3- Fear: When You're Scared Senseless

Find peace when you are afraid.

Psalm 55:1–23

Whether it's a physical, emotional, or spiritual battle, we've all fought fear. The good news we gain from the Psalms is that we can learn to handle fear rationally and with confidence.

Psalm 55

1

Listen to my prayer, O God,
do not ignore my plea;

2

hear me and answer me.

My thoughts trouble me and I am distraught

3

because of what my enemy is saying,
because of the threats of the wicked;
for they bring down suffering on me
and assail me in their anger.

4

My heart is in anguish within me;
the terrors of death have fallen on me.

5

Fear and trembling have beset me;
horror has overwhelmed me.

6

I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest.

7

I would flee far away
and stay in the desert;

8

I would hurry to my place of shelter,
far from the tempest and storm."

9

Lord, confuse the wicked, confound their words,
for I see violence and strife in the city.

10

Day and night they prowl about on its walls;
malice and abuse are within it.

11

Destructive forces are at work in the city;
threats and lies never leave its streets.

12

If an enemy were insulting me,
I could endure it;
if a foe were rising against me,
I could hide.

13

But it is you, a man like myself,
my companion, my close friend,

14

with whom I once enjoyed sweet fellowship
at the house of God,
as we walked about
among the worshipers.

15

Let death take my enemies by surprise;
let them go down alive to the realm of the dead,
for evil finds lodging among them.

16

As for me, I call to God,
and the Lord saves me.

17

Evening, morning and noon
I cry out in distress,
and he hears my voice.

18

He rescues me unharmed
from the battle waged against me,
even though many oppose me.

19

God, who is enthroned from of old,
who does not change—
he will hear them and humble them,
because they have no fear of God.

20

My companion attacks his friends;
he violates his covenant.

21

His talk is smooth as butter,
yet war is in his heart;
his words are more soothing than oil,
yet they are drawn swords.

22

Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.

23

But you, God, will bring down the wicked
into the pit of decay;
the bloodthirsty and deceitful
will not live out half their days.
But as for me, I trust in you.

4- Gratitude: More than Just an Attitude

Learn to be thankful for all things at any place and any time.

Psalm 136:1–26

Your life will overflow with gratitude when you're convinced of God's love for you and are reminded of his love through creation, your salvation history, and his current provision for you.

Psalm 136

1

Give thanks to the Lord, for he is good.
His love endures forever.

2

Give thanks to the God of gods.
His love endures forever.

3

Give thanks to the Lord of lords:
His love endures forever.

4

to him who alone does great wonders,

His love endures forever.

5

who by his understanding made the heavens,

His love endures forever.

6

who spread out the earth upon the waters,

His love endures forever.

7

who made the great lights—

His love endures forever.

8

the sun to govern the day,

His love endures forever.

9

the moon and stars to govern the night;

His love endures forever.

10

to him who struck down the firstborn of Egypt

His love endures forever.

11

and brought Israel out from among them

His love endures forever.

12

with a mighty hand and outstretched arm;

His love endures forever.

13

to him who divided the Red Sea asunder

His love endures forever.

14

and brought Israel through the midst of it,

His love endures forever.

15

but swept Pharaoh and his army into the Red Sea;

His love endures forever.

16

to him who led his people through the wilderness;

His love endures forever.

17

to him who struck down great kings,

His love endures forever.

18

and killed mighty kings—
His love endures forever.

19

Sihon king of the Amorites
His love endures forever.

20

and Og king of Bashan—
His love endures forever.

21

and gave their land as an inheritance,
His love endures forever.

22

an inheritance to his servant Israel.
His love endures forever.

23

He remembered us in our low estate
His love endures forever.

24

and freed us from our enemies.
His love endures forever.

25

He gives food to every creature.
His love endures forever.

26

Give thanks to the God of heaven.
His love endures forever.

5- Anger: When Your Back Is Against the Wall

Learn to keep anger from being destructive.

Psalm 79:1–13

Anger is a natural, God-given emotion, which, though potentially harmful, can be used constructively. The Psalms give us examples of godly ways to express anger.

Psalm 79

1

O God, the nations have invaded your inheritance;
they have defiled your holy temple,
they have reduced Jerusalem to rubble.

2

They have left the dead bodies of your servants
as food for the birds of the sky,
the flesh of your own people for the animals of the wild.

3

They have poured out blood like water
all around Jerusalem,
and there is no one to bury the dead.

4

We are objects of contempt to our neighbors,
of scorn and derision to those around us.

5

How long, Lord? Will you be angry forever?
How long will your jealousy burn like fire?

6

Pour out your wrath on the nations
that do not acknowledge you,
on the kingdoms
that do not call on your name;

7

for they have devoured Jacob
and devastated his homeland.

8

Do not hold against us the sins of past generations;
may your mercy come quickly to meet us,
for we are in desperate need.

9

Help us, God our Savior,
for the glory of your name;
deliver us and forgive our sins
for your name's sake.

10

Why should the nations say,
"Where is their God?"
Before our eyes, make known among the nations
that you avenge the outpoured blood of your servants.

11

May the groans of the prisoners come before you;
with your strong arm preserve those condemned to die.

12

Pay back into the laps of our neighbors seven times
the contempt they have hurled at you, Lord.

13

Then we your people, the sheep of your pasture,
will praise you forever;
from generation to generation
we will proclaim your praise.

6- Contentment: When Your Soul Is at Rest

Learn to find serenity, regardless of the circumstances.

Psalm 62:1–12

Psalm 62 offers ways to find inner rest despite our outer circumstances. The secret of contentment is looking to God rather than your circumstances to give you fulfillment and peace.

Psalm 62

1

Truly my soul finds rest in God;
my salvation comes from him.

2

Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

3

How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

4

Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

5

Yes, my soul, find rest in God;
my hope comes from him.

6

Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

7
My salvation and my honor depend on God;
he is my mighty rock, my refuge.

8
Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

9
Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;
together they are only a breath.

10
Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

11
One thing God has spoken,
two things I have heard:
“Power belongs to you, God,

12
and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

7- Depression: When Darkness Is Your Closest Friend

Learn to live victoriously when just living is hard.

Psalm 88:1–18

The Psalms help show us how we can find hope in even the deepest depression. In times of depression, we must cry out to God.

Psalm 88

1

Lord, you are the God who saves me;
day and night I cry out to you.

2

May my prayer come before you;
turn your ear to my cry.

3

I am overwhelmed with troubles
and my life draws near to death.

4

I am counted among those who go down to the pit;
I am like one without strength.

5

I am set apart with the dead,
like the slain who lie in the grave,
whom you remember no more,
who are cut off from your care.

6

You have put me in the lowest pit,
in the darkest depths.

7

Your wrath lies heavily on me;
you have overwhelmed me with all your waves.

8

You have taken from me my closest friends
and have made me repulsive to them.

I am confined and cannot escape;

9

my eyes are dim with grief.
I call to you, Lord, every day;
I spread out my hands to you.

10

Do you show your wonders to the dead?
Do their spirits rise up and praise you?

11

Is your love declared in the grave,
your faithfulness in Destruction?

12

Are your wonders known in the place of darkness,
or your righteous deeds in the land of oblivion?

13

But I cry to you for help, Lord;
in the morning my prayer comes before you.

14

Why, Lord, do you reject me

and hide your face from me?

15

From my youth I have suffered and been close to death;
I have borne your terrors and am in despair.

16

Your wrath has swept over me;
your terrors have destroyed me.

17

All day long they surround me like a flood;
they have completely engulfed me.

18

You have taken from me friend and neighbor—
darkness is my closest friend.

8- Disappointment: When Your Dreams Die

Learn how to handle the pain of what might have been.

Psalm 107:1–43

How we can find peace when our dreams have been shattered? Psalm 107 offers hope to those disappointed with life.

Psalm 107

1

Give thanks to the Lord, for he is good;
his love endures forever.

2

Let the redeemed of the Lord tell their story—
those he redeemed from the hand of the foe,

3

those he gathered from the lands,
from east and west, from north and south.

4

Some wandered in desert wastelands,
finding no way to a city where they could settle.

5

They were hungry and thirsty,
and their lives ebbed away.

6

Then they cried out to the Lord in their trouble,

and he delivered them from their distress.

7

He led them by a straight way
to a city where they could settle.

8

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,

9

for he satisfies the thirsty
and fills the hungry with good things.

10

Some sat in darkness, in utter darkness,
prisoners suffering in iron chains,

11

because they rebelled against God's commands
and despised the plans of the Most High.

12

So he subjected them to bitter labor;
they stumbled, and there was no one to help.

13

Then they cried to the Lord in their trouble,
and he saved them from their distress.

14

He brought them out of darkness, the utter darkness,
and broke away their chains.

15

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,

16

for he breaks down gates of bronze
and cuts through bars of iron.

17

Some became fools through their rebellious ways
and suffered affliction because of their iniquities.

18

They loathed all food
and drew near the gates of death.

19

Then they cried to the Lord in their trouble,

and he saved them from their distress.

20

He sent out his word and healed them;
he rescued them from the grave.

21

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.

22

Let them sacrifice thank offerings
and tell of his works with songs of joy.

23

Some went out on the sea in ships;
they were merchants on the mighty waters.

24

They saw the works of the Lord,
his wonderful deeds in the deep.

25

For he spoke and stirred up a tempest
that lifted high the waves.

26

They mounted up to the heavens and went down to the depths;
in their peril their courage melted away.

27

They reeled and staggered like drunkards;
they were at their wits' end.

28

Then they cried out to the Lord in their trouble,
and he brought them out of their distress.

29

He stilled the storm to a whisper;
the waves of the sea were hushed.

30

They were glad when it grew calm,
and he guided them to their desired haven.

31

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind.

32

Let them exalt him in the assembly of the people

and praise him in the council of the elders.

33

He turned rivers into a desert,
flowing springs into thirsty ground,

34

and fruitful land into a salt waste,
because of the wickedness of those who lived there.

35

He turned the desert into pools of water
and the parched ground into flowing springs;

36

there he brought the hungry to live,
and they founded a city where they could settle.

37

They sowed fields and planted vineyards
that yielded a fruitful harvest;

38

he blessed them, and their numbers greatly increased,
and he did not let their herds diminish.

39

Then their numbers decreased, and they were humbled
by oppression, calamity and sorrow;

40

he who pours contempt on nobles
made them wander in a trackless waste.

41

But he lifted the needy out of their affliction
and increased their families like flocks.

42

The upright see and rejoice,
but all the wicked shut their mouths.

43

Let the one who is wise heed these things
and ponder the loving deeds of the Lord.

9- Uncertainty: When You're Not Sure of Your Next Move

Learn how to make wise decisions when the path ahead is unclear.

Psalm 19:1–14

How can we ascertain God's will for our lives when we are unsure of what he wants? The Psalms helps those struggling with uncertainty to find God's direction for their lives.

Psalm 19

1

The heavens declare the glory of God;
the skies proclaim the work of his hands.

2

Day after day they pour forth speech;
night after night they reveal knowledge.

3

They have no speech, they use no words;
no sound is heard from them.

4

Yet their voice goes out into all the earth,
their words to the ends of the world.
In the heavens God has pitched a tent for the sun.

5

It is like a bridegroom coming out of his chamber,
like a champion rejoicing to run his course.

6

It rises at one end of the heavens
and makes its circuit to the other;
nothing is deprived of its warmth.

7

The law of the Lord is perfect,
refreshing the soul.
The statutes of the Lord are trustworthy,
making wise the simple.

8

The precepts of the Lord are right,
giving joy to the heart.
The commands of the Lord are radiant,
giving light to the eyes.

9

The fear of the Lord is pure,
enduring forever.
The decrees of the Lord are firm,

and all of them are righteous.

10

They are more precious than gold,
than much pure gold;
they are sweeter than honey,
than honey from the honeycomb.

11

By them your servant is warned;
in keeping them there is great reward.

12

But who can discern their own errors?
Forgive my hidden faults.

13

Keep your servant also from willful sins;
may they not rule over me.
Then I will be blameless,
innocent of great transgression.

14

May these words of my mouth and this meditation of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.

10- Restlessness: When You Still Haven't Found What You're Looking For

Learn the cause of—and cure—for our incessant inner hunger.

Psalm 42:1–11

We will all feel restless until the consummation of the kingdom of God, but we can find contentment until then by putting our security in Jesus.

Psalm 42

1

As the deer pants for streams of water,
so my soul pants for you, my God.

2

My soul thirsts for God, for the living God.
When can I go and meet with God?

3

My tears have been my food
day and night,

while people say to me all day long,
“Where is your God?”

4

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.

5

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.

6

My soul is downcast within me;
therefore I will remember you
from the land of the Jordan,
the heights of Hermon—from Mount Mizar.

7

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

8

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

9

I say to God my Rock,
“Why have you forgotten me?
Why must I go about mourning,
oppressed by the enemy?”

10

My bones suffer mortal agony
as my foes taunt me,
saying to me all day long,
“Where is your God?”

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.

11- Outrage: When Your Heart Is Filled with Revenge

Learn to forgive when you want to fight back.

Psalm 37:1–40

God doesn't expect us to pretend our outrage isn't real. He does expect us to resist the temptation to return evil for evil, to work for reconciliation, to leave room for his wrath, and to overcome evil with good.

Psalm 37

1

Do not fret because of those who are evil
or be envious of those who do wrong;

2

for like the grass they will soon wither,
like green plants they will soon die away.

3

Trust in the Lord and do good;
dwell in the land and enjoy safe pasture.

4

Take delight in the Lord,
and he will give you the desires of your heart.

5

Commit your way to the Lord;
trust in him and he will do this:

6

He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

7

Be still before the Lord
and wait patiently for him;
do not fret when people succeed in their ways,
when they carry out their wicked schemes.

8

Refrain from anger and turn from wrath;
do not fret—it leads only to evil.

9

For those who are evil will be destroyed,
but those who hope in the Lord will inherit the land.

10

A little while, and the wicked will be no more;
though you look for them, they will not be found.

11

But the meek will inherit the land
and enjoy peace and prosperity.

12

The wicked plot against the righteous
and gnash their teeth at them;

13

but the Lord laughs at the wicked,
for he knows their day is coming.

14

The wicked draw the sword
and bend the bow
to bring down the poor and needy,
to slay those whose ways are upright.

15

But their swords will pierce their own hearts,
and their bows will be broken.

16

Better the little that the righteous have
than the wealth of many wicked;

17

for the power of the wicked will be broken,
but the Lord upholds the righteous.

18

The blameless spend their days under the Lord's care,
and their inheritance will endure forever.

19

In times of disaster they will not wither;
in days of famine they will enjoy plenty.

20

But the wicked will perish:

Though the Lord's enemies are like the flowers of the field,
they will be consumed, they will go up in smoke.

21

The wicked borrow and do not repay,
but the righteous give generously;

22

those the Lord blesses will inherit the land,
but those he curses will be destroyed.

23

The Lord makes firm the steps
of the one who delights in him;

24

though he may stumble, he will not fall,
for the Lord upholds him with his hand.

25

I was young and now I am old,
yet I have never seen the righteous forsaken
or their children begging bread.

26

They are always generous and lend freely;
their children will be a blessing.

27

Turn from evil and do good;
then you will dwell in the land forever.

28

For the Lord loves the just
and will not forsake his faithful ones.
Wrongdoers will be completely destroyed;
the offspring of the wicked will perish.

29

The righteous will inherit the land
and dwell in it forever.

30

The mouths of the righteous utter wisdom,
and their tongues speak what is just.

31

The law of their God is in their hearts;
their feet do not slip.

32

The wicked lie in wait for the righteous,
intent on putting them to death;

33

but the Lord will not leave them in the power of the wicked
or let them be condemned when brought to trial.

34

Hope in the Lord
and keep his way.

He will exalt you to inherit the land;
when the wicked are destroyed, you will see it.

35

I have seen a wicked and ruthless man
flourishing like a luxuriant native tree,

36

but he soon passed away and was no more;
though I looked for him, he could not be found.

37

Consider the blameless, observe the upright;
a future awaits those who seek peace.

38

But all sinners will be destroyed;
there will be no future for the wicked.

39

The salvation of the righteous comes from the Lord;
he is their stronghold in time of trouble.

40

The Lord helps them and delivers them;
he delivers them from the wicked and saves them,
because they take refuge in him.

12- Praise: Find Joy in all the seasons of the Soul

Learn how and why to praise God at any place, any time, and in all ways.

Psalm 150:1–6

We should praise God no matter what we are going through. So long as you have breath, praise God for who he is and what he does, in any and every possible way.

Psalm 150

1

Praise the Lord.

Praise God in his sanctuary;
praise him in his mighty heavens.

2

Praise him for his acts of power;
praise him for his surpassing greatness.

3

Praise him with the sounding of the trumpet,
praise him with the harp and lyre,

4

praise him with timbrel and dancing,
praise him with the strings and pipe,

5

praise him with the clash of cymbals,
praise him with resounding cymbals.

6

Let everything that has breath praise the Lord.
Praise the Lord.