Introduction: The Emotional State of America

Never have so many struggled with so much; and never has so much been done to alleviate that struggle with so little success to show for it.

God's Prescription for Emotional Health:

➢ For Emotional Distress – Rx…. Pray!

*Is any one of you in trouble? He should pray.*

James 5:13a (NIV)

➢ For Emotional Delight – Rx…. Sing!

*Is anyone happy? Let him sing songs of praise.*

James 5:13b (NIV)
Question #1: What kind of prayer heals emotional wounds? (i.e. Bob’s or Dave’s)

- Prayers that heal emotions include three parts and are called _________________.
  
  ➢ **Recount** your _______________________.
  
  ➢ **Recall** God’s _________________.
  
  ➢ **Resolve** to ___________________________ Him.

- **Examples to follow when you feel “bad” due to…**
  
  o Depression, doubt, circumstances                                        Psalm 13
  o Guilt, shame, sin                                                        Psalm 38
  o Persecution, adversity                                                  Psalm 56
  o Injustice, "raw deal"                                                   Psalm 73
  o Sickness, impact of aging                                               Psalm 102
Question #2: What kind of prayer fills our emotional reservoir?

- Prayers that fill our emotional tanks include three parts and are called __________________ of ______________.

  ➢ Recount your ____________________________.

  ➢ Recall God’s ____________________________.

  ➢ Resolve to _______________________________ Him.

- Examples to follow when you feel "good" due to...
  
  o God’s forgiveness, healing Psalm 103
  o God’s love Psalm 136
  o God’s mighty acts, compassion Psalm 145
  o God’s faithfulness, creation Psalm 146-150
Conclusion:
1. "Ups" and "downs" are normal.

2. Emotional health demands we move beyond the "silencing of our symptoms."

3. Emotional healing is a gift from God. Go to "The" Counselor before you go to a counselor.

4. "Getting stuck" is also normal and God uses people, in conjunction with prayer, to mend our emotional wounds.

5. Extreme wounds at times demand extended and specialized care.

Discussion Questions:
1. What new insight did you gain from the message?

2. How do you normally deal with your emotional pain?

3. What issue do you need to take to God in the form of a personal "Lament?" A "Psalm of Praise?"

4. Who could use your encouragement or help right now? What would supporting them look like?