



SESSION 2

The purpose of our emotions

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1

Emotions in Scripture

- Be *joyful* (Rom 12:12)
- Never be lacking in *zeal* (Rom 12:11)
- Let the *peace* of Christ rule (Col 3:15)
- *Fear* the Lord (Prov 1:7)
- *Mourn* with those who mourn (Rom 12:15)



2

Emotions in Scripture

- Emotional expressions
- David (2 Sam 6:12-15)
 - Elijah (1 Kings 19:4-8)
 - Hannah (1 Sam 1:10)



3

Emotions in Scripture

God describes *himself* in emotional terms

- Anger (Ex 32:10)
- Delight (Zep 3:17)
- Jealousy (Ex 20:5).
- Grief (Eph 4:30)
- Compassion (Luke 7:13)
- Sorrow (Is 53:3)
- Indignation (Mk 1:44)
- Joy (Heb 12:2)



4

Emotions in Scripture

Psalms

- Loneliness (25:16)
- Sorrow (31:10)
- Regret (38:18)
- Discouragement (42:5)
- Shame (44:15)
- Gladness (9:2)
- Peace (4:8)
- Grief (6:7)
- Gratitude (35:18)



5

1. Turn to God with your emotions

- ‘These things I remember, as I pour out my soul’ (Ps 42:4)
- ‘I cry aloud to the Lord...I pour out before him my complaint; before him I tell my trouble’ (Ps 142:1-2)
- ‘Trust in him at all times, you people; **pour out your hearts to him**, for God is our refuge.’ (Ps 62:8)



6

1. Turn to God with your emotions

God invites us through the Psalms to come to him with anything and everything that is in our hearts



7

1. Turn to God with your emotions

- 'I am sinking in the mud, and my feet are slipping.' (Ps 69:2)
- 'I say to my God...why have you forgotten me?' (Ps 42:9)
- 'You have put me in the lowest pit, in the darkest depths, why do you reject me and hide your face from me?' (Ps 88:6,14)



8

2. Pour out your heart to God because he is trustworthy

'Yes, my soul, find rest in God;
 my hope comes from him.
 Truly he is my rock and my salvation;
 He is my fortress, I will not be shaken.
 My salvation and my honour depend on God; he is
 my mighty rock, my refuge.
 Trust in him at all times, you people; pour out your
 hearts to him, for God is our refuge. (Ps 62:5-8)



9

2. Pour out your heart to God because he is trustworthy

'Where does my help come from?' (Ps 121:1)
'My help comes from the Lord, the Maker of heaven and earth' (v2)



10

2. Pour out your heart to God because he is trustworthy

'Ever-present help in trouble' (Ps 46:1)



11

2. Pour out your heart to God because he is trustworthy

'Cast all our anxieties on him, because he cares for us' (1 Peter 5:7)



12

2. Pour out your heart to God because he is trustworthy

'Rock of refuge, to which I may continually come' (Ps 71:3)



13

3. Pour out your heart to God because he will change you

- 'I sought the Lord and he answered me and delivered me from all my fears' (Ps 34:4)
- 'Out of my distress I called on the Lord, the Lord answered me and set me free' (Ps 118:5)
- 'On the day I called to you, you answered me; my strength of soul you increased' (Ps 138:3)



14

3. Pour out your heart to God because he will change you

"In the days of his flesh, Jesus offered up prayers and supplications, with **loud cries and tears**, to him who was able to save him from death."
Hebrews 5:7



15

3. Pour out your heart to God because he will change you

“Being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.” (Luke 22:44)



16

3. Pour out your heart to God because he will change you

- “My Father, if it is possible, let this cup pass from me. Nevertheless, not as I will, but as you will.” (Matthew 26:39).
- “My Father, if this cannot pass unless I drink it, your will be done.” (Matt 26:42)



17

3. Pour out your heart to God because he will change you

‘Approach God’s throne of grace with confidence...that we may receive mercy and find grace to help in our time of need (Heb 4:16)



18

Discussion Questions

'Pour out your hearts to Him' (Psalm 62:8)

1. In what ways do we struggle to do this?
What do you think might be some of the reasons for that?
2. What practical steps can you take to help you pour out your heart to the Lord?
3. How can you help those who you are ministering to, to pour out their hearts to the Lord?


