

In a major city on the west coast, one out of every three people knows CPR. Many heart attack victims have been saved because people know what to do in an emergency. 2 Timothy 3:16-17 tells us that all scripture is God-breathed and it is profitable for doctrine, reproof, correction, and instruction in righteousness so that every believer may be equipped for good works. Every believer at some time in his life will meet someone who has an emotional need. That emotional need may stem from the death of a loved one, a wayward spouse or child, discouragement at work, a serious illness, depression, an unjust situation or many other reasons. Paul exhorted the believers at Thessalonica to encourage, comfort and admonish one another. But what do you say to someone who is really hurting emotionally? Sometimes you say nothing -- just be there. At other times the Psalms can be used effectively in emotional circumstances because they have some special features.

## I. SINCE THE PSALMS ARE SONGS THEY EXPRESS INTENSE EMOTIONS

People can identify with the emotions of others. Having seen someone else express a feeling, a person may say "That's the way I feel also."

The Psalmists expressed the following intense emotions:

Ps 56:5 All day long they distort my words, all their thoughts against me are evil.

Ps 55:2ff Give heed to me and answer me, I am restless in my complaint and am sorely distracted...my heart is in anguish...fear and trembling come upon me.

Ps 69:1-3 Save me O God, for waters have come up to my soul. I have sunk in deep mire and there is no foothold. I have come into deep waters and a flood overflows me. I am weary with my crying; my throat is parched. My eyes fail while I wait for God.

As a person reads Psalms emotional outbursts are found frequently. Outbursts of joy, sorrow, hurt, anger, grief, depression, praise, gratitude, and others. There are times when people say "No one understands how I feel, not even God!"

When a person sees that the people in the Bible have expressed similar emotions and God saw fit to record them in His Word for all generations to read, then maybe the person will realize that God does understand emotions and He has something to say to help.

## II. THE PSALMS HAVE A STRONG EMPHASIS ON THE CHARACTER AND WORKS OF GOD

Many Christian counseling manuals tell of the importance of building hope in a person. The word "HOPE" as it is used in the Bible means "confident assurance" and generally refers to the future. Hope is built through studying the character and greatness of God.

Ps 36:5-9 speaks of the love and mercy of God.

Ps 25:8 Good and upright is the Lord.

Ps 40:1-5 God does good things for His people.

Ps 103:1ff Don't forget the benefits of the Lord

Ps 107 There are four different groups of people who were in some sort of trouble and God saved them.

Ps 121 My help comes from the Lord who made heaven and earth. (If God can do that, then God can help you)

Hope is certainty of the future. People wonder if it is possible to get out of the pit of misery, depression, habits, fear, disappointment, failure and interpersonal problems. It is possible because God understands and He is powerful to work on our behalf. Our hope (confidence) must be in Him though and not simply the repair of our problem.

### III. THE PSALMS SHOW THE HUMAN RESPONSE OF TRUST IN GOD

The Psalmists have a reason for remembering God's work and character. It is always to inspire trust in God for the outworking of difficulties.

Ps 42:5 Why are you in despair O my soul--Hope in God for I shall again praise Him.

Ps 55:16 I shall call on God and He will save me.

Ps 55:22 Cast your burden upon the Lord

Ps 56:3-4 When I am afraid I will put my trust in Thee.

Why is trust so important? It means you rely on what God said as being truth and your reliance is demonstrated in your obedience toward God's Word. One of the saddest things in counseling is to go through steps one and two, come to step three and have the person say "I don't believe it will work " and not obey God's solution. Time is necessary for obedience to be shown and for God to work in circumstances and in us.

With the following page you can be better equipped to help people as well as yourself when you go through difficulties.

IDENTIFY THE PROBLEM  
INSPIRE HOPE IN GOD  
TRUST AND OBEY

## Psalms

### Benedictions

20, 32:10-11, 115:16-18, 128, 134, 135:19-21

### Broken Relationships

27:10, 81

### Changing Thinking Patterns / Correcting Perspectives (the wicked get by with everything)

10, 15, 26, 40, 42, 73, 75, 77, 123, 141, 143

### Children/Generations

127, 128, 145

### Comfort

16, 34, 46, 64, 68:19, 71, 86, 116, 117, 124:6-8

### Discouragement

3, 4, 77

### ✓Depression

22, 25:16ff, 30, 31:7-10, 42, 43, 77, 102

### Encouragement

18, 20, 21, 27, 40, 62, 66, 68, 74, 81, 92, 102, 110, 111, 138

### Envy (Jealousy)

73

### Fear

23, 27

### Forgiveness/Confession

19, 32, 51, 65, 85, 86, 103, 130

### Funeral Passages

16, 49, 89, 90

### God's Faithfulness

61, 72, 78, 89, 102, 103, 105, 106, 117, 132, 136

### Grateful/Praise

21, 20, 61, 65, 66, 67, 68, 75, 92, 93,  
95:1-7, 96, 98, 100, 104, 106, 111, 113,  
114, 116, 117, 126, 135:1-7, 138, 145, 146, 147, 148, 149, 150

### Guilt

31:9-10, 103:12, 139

### Heartache

6, 31, 38, 41, 55, 142

### Happiness

1, 9, 66, 98, 144:12&15

### Hope

25, 28, 62, 65, 66, 130, 146

### Idolatry

81, 97, 115, 135:15-18

### Injustice (Responding to)

7, 10, 26, 34:11ff, 37, 54, 55, 64, 75, 94, 140

### Joy

16:11, 20, 21, 33:18-21, 59:16-17, 66, 96, 98, 100, 126

### Justice (Vindication)

7, 9, 17, 24, 64, 68, 75, 82, 89, 94, 140

### Loneliness

68, 88, 94:9

Missions 9,11,96:3  
Old Age 71,92  
Physical/Emotional Problems 31,32,38,41,76,88,102  
Poor & Needy (Widows & Orphans) 68:5,72:12ff,68:5,70:5,72,82:3-4,113:7-9,140,146,147  
Prisoners 68:6,69:33  
Protection (Asking for) 5,10,28,34,44,70,71,94,97,124:1-5,144:1,2,10,11  
Salvation (price) or steps of 14:23-no one who does good,146  
Seeking God 42,44,61,63,80,86,105,143  
Security (Trust) 2,4,9:7-10,16:7ff,20,23,27,31:14ff,33:16-22,34,36,46(not in riches) 62,71,86,91,121,125,131,139  
Selfesteem 8,33:15ff,139  
Sorrow (trouble) 13,25,55,74,88,126:5-6,142  
Success (Stability Guidance) 1,15,19,32,34,48:14,101,126  
Unity (Peace) 133  
Victory 18,27,33:16ff,34,76,108,126  
Warnings 78,95:8-11  
Wealth 49,52,63,  
Worry (Anxiety) 94:19

Just remember:

<u>Romans 15:7</u>	You are accepted
<u>John 15:16</u>	You are chosen
<u>Galatians 4:7</u>	You are free
<u>1 John 1:9</u>	You are forgiven
<u>2 Corinthians 5:17</u>	You are a new person
<u>John 1:12</u>	You are a child of God
<u>Genesis 1:27</u>	You are made in God's image
<u>1 Corinthians 3:23</u>	You belong to Jesus
<u>Romans 6:4</u>	Jesus offers you a new life
<u>Philippians 3:20</u>	You are a citizen of Heaven
<u>1 Peter 1:5</u>	You are protected by God
<u>1 Corinthians 12:27</u>	You are part of something important
<u>Romans 8:38-39</u>	God loves you no matter what
<u>Zephaniah 3:17</u>	God is with you
<u>Psalms 139:13-16</u>	You are God's special creation
<u>Isaiah 43:4</u>	You are precious to God
<u>Galatians 3:13</u>	You are rescued
<u>Jeremiah 29:11</u>	God has a plan for your life
<u>1 John 5:14-15</u>	God listens to you
<u>Philippians 4:13</u>	God gives you strength
<u>Romans 8:17</u>	You are an heir of God
<u>Ephesians 2:19</u>	You are part of God's family
<u>Romans 10:13</u>	You are saved
<u>1 Corinthians 6:19</u>	The Holy Spirit lives in you
<u>Psalms 23:1-3</u>	God is taking care of you
<u>John 15:11</u>	Jesus gives you true joy
<u>Ephesians 1:3</u>	You are blessed
<u>Galatians 2:20</u>	Jesus gave himself for you
<u>Psalms 139:1</u>	God understands you
<u>Exodus 19:5</u>	You are treasured by God
<u>Colossians 2:10</u>	You are complete in Christ

## Help from Scripture Comfort

Psalm 46:7	Isaiah 41:17	Matthew 28:20	John 6:37-39
Numbers 14:9	Psalm 103:17	Psalm 94:14	
Psalm 73:23	Deuteronomy 31:6	Psalm 27:10	

### Peace

Romans 5:1,2	Exodus 33:14	Psalm 85:8	Proverbs 16:7
Psalm 119:165	Isaiah 26:3	Isaiah 57:2	
Isaiah 32:17	Matthew 11:29	Ephesians	
Colossians 3:15	John 14:27	Numbers 6:24-26	

### Fear

Hebrews 13:6	Joel 3:16	Psalm 28:7	Deuteronomy 1:17
Jeremiah 15:20	Deuteronomy 7:21	Psalm 4:8	Psalm 56:3
Isaiah 35:4	Isaiah 41:10	1 Chronicles 16:25,26	
Nehemiah 4:14	2 Corinthians 1:10	Philippians 4:9	

### Anxiety

Matthew 11:28	Proverbs 3:5,6	Psalm 86:7	Psalm 50:15
Job 34:12	John 16:33	Isaiah 40:11	Isaiah 41:13
Psalm 55:22	Psalm 20:7	Genesis 28:15	Psalm 68:19

### For Those Who Feel Weak

Psalm 142:3	Ephesians 3:16	Psalm 55:18	Psalm 62:11
Habakkuk 3:19	Psalm 147:6	2 Corinthians 12:9	Jeremiah 10:6
Psalm 72:13	1 Chronicles 16:11	Isaiah 57:15	

### Despair

Haggai 2:4	Ezekiel 34:16	Psalm 100:5	Psalm 199:116
Isaiah 40:29	Daniel 2:23	Hebrews 10:35	
James 1:12	2 Thessalonians 3:3	Psalm 46:1	
Isaiah 51:6	Ephesians 1:18	Jeremiah 32:17	

### Grief

Isaiah 43:2	Psalm 116:15	Revelation 21:3,4	
Psalm 71:20,21	Psalm 119:28	Psalm 119:76	
Psalm 119:50	2 Corinthians 1:3,4	2 Thess. 2:16,17	

### Times of Trouble

Psalm 50:15	John 16:33	Psalm 138:7	
Psalm 9:12	Psalm 37:39,40	Psalm 121:5-8	
Psalm 46:1	Psalm 138:7	Psalm 34:7	

### Feeling Desperate and Depressed

Zephaniah 3:17	Psalm 42:11	Psalm 34:18	Psalm 40:1,2
Psalm 30:5	John 10:10	Psalm 126:5	