

## 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 - James 5:13

- 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

\_\_\_\_\_.

1. **Recount your** \_\_\_\_\_.

2. **Recall God's** \_\_\_\_\_.

3. **Resolve to** \_\_\_\_\_ **Him.**

- Examples to follow when you feel "bad" due to...
  - Depression, doubt, circumstances – Psalm 13
  - Guilt, shame, sin – Psalm 38
  - Persecution, adversity – Psalm 56
  - Injustice, "raw deal" – Psalm 73
  - 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 \_\_\_\_\_.

1. **Recount your** \_\_\_\_\_.

2. **Recall God's** \_\_\_\_\_.

3. **Resolve to** \_\_\_\_\_ **Him.**

- Examples to follow when you feel "good" are...
  - Psalm 103
  - Psalm 136
  - Psalm 145
  - 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?