

Sermon Title: **“HONEST TO GOD: KEY TO OUR MENTAL & EMOTIONAL HEALTH!”**

Sermon Text: **Psalms 13**

Introduction:

GOOD MORNING TO ALL! FOR THOSE WHO ARE JOINING US FOR THE FIRST TIME IN PERSON OR ON-LINE, WE ARE NOW STUDYING THE BOOK OF PSALMS UNDER THE THEME, “PONDERING THE PSALMS: FINDING MEANING IN THE PANDEMIC!”

TODAY, WE ARE GOING TO LOOK AT ANOTHER BEAUTIFUL PSALM OR PRAYER OF DAVID THAT WILL TEACH US AMONG OTHER THINGS THE IMPORTANCE OF BEING HONEST TO GOD. FOR THIS, IN FACT, IS THE KEY TO OUR MENTAL & EMOTIONAL HEALTH ESPECIALLY DURING THIS TIME OF THIS PANDEMIC. LET US PRAY!!!

LET US TOGETHER READ PSALM 13! (FOR VARIATION)

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death; my enemy will say, “I have overcome him,” and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for He has been good to me.” (Psalm 13, NIV, 1984)

THIS SHORT BUT VERY EMOTIONAL PRAYER OF DAVID ALLOWS US TO HAVE A PEEK INTO THE HEART OF ONE OF THE MOST LOVED AND ADMIRABLE BELIEVERS IN THE BIBLE- KING DAVID. WE LEARN HERE THAT EVEN DAVID WAS NOT EXEMPTED FROM LIFE’S STRUGGLES. THIS PSALM TOUCHES ON THE MOST SENSITIVE PART OF OUR BEING—OUR EMOTIONS.

AS WE STUDY THIS PSALM, I THINK WE CAN DIVIDE IT INTO TWO SECTIONS. THE FIRST IS DAVID’S HONEST CONFESSION OF HIS ANXIOUS THOUGHTS TO GOD & THE SECOND IS DAVID’S HUMBLE CONFESSION OF HIS TRUST IN THE LORD.

A. DAVID HONESTLY CONFESSES HIS IMPATIENCE & ANXIOUS THOUGHTS TO THE LORD!

BIBLE SCHOLARS SUGGESTS DIFFERENT REASONS FOR THIS PRAYER OF LAMENT OF DAVID. BUT IN ANY CASE, DAVID HERE WAS CLEARLY IN A VERY BAD & ADVERSE SITUATION THAT HE HAD COME TO THE POINT OF UTTER DESPERATION & FEELINGS OF HOPELESSNESS. TODAY, I WILL NOT BE SURPRISED IF MANY OF US COULD RELATE TO WHAT DAVID WAS FEELING & EXPERIENCING DUE TO THE IMPACT OF COVID TO OUR PERSONAL LIVES.

TAKE NOTE IN THIS FIRST SECTION THAT DAVID PARTICULARLY CONFESSED TWO SIGNIFICANT THINGS HERE:

1) *David bares his impatience over God's seeming inaction & delay!*

“How long, O Lord? Will you forget me forever? How long will you hide your face from me? (v. 1)

NOTE HERE THAT DAVID FEELS FORGOTTEN & ABANDONED BY THE LORD! WE SEE DAVID HERE EXPRESSING IMPATIENCE & FRUSTRATION ON GOD'S SEEMING INACTION & DELAY ON HIS REQUEST OF HELP.

I'M SURE THAT THERE ARE PEOPLE HERE AMONG US WHO HAD BEEN PRAYING FOR A LONG TIME FOR SOMETHING VERY IMPORTANT & MEANINGFUL TO US AND OUR FAMILY – PERHAPS THE SALVATION OF OUR FAMILY MEMBERS OR A HOUSE OR A NEW JOB OR PROMOTION OR PERHAPS HEALING FROM A SICKNESS OR RECONCILIATION FROM A BROKEN RELATIONSHIP. WHATEVER IT IS I'M SURE, WE CAN RELATE WITH DAVID. WE ARE GETTING IMPATIENT FOR THE LORD'S SEEMINGLY INACTION & SILENCE. THE LORD SEEMS TO BE DELAYING HIS ANSWER.

WHAT AGGRAVATES HIS FEELINGS OF FRUSTRATION IS THE FACT THAT GOD HAD ALREADY DONE THIS IN THE PAST (ANSWERED HIS PRAYES!), AND HAD EXPERIENCED HIS FAITHFULNESS, HIS DIVINE INTERVENTION. DAVID KNOWS HE CAN DO IT. BUT NOW...HE IS SILENT...IN DAVID WORDS, THE LORD

SEEMS TO BE HIDING HIS FACE FROM HIM.

PERSONAL STORY!

NOW, THESE DAYS, DINNA AND I, ARE PRAYING FOR A SPECIFIC PRAYER REQUEST FROM THE LORD (I CANNOT SHARE IT TO YOU NOW BUT I WILL LATER!). SOMETIMES, I WONDER IF THE LORD WILL GRANT OUR REQUEST BECAUSE ITS BEEN SEVERAL YEARS NOW (DON'T WORRY, WE ARE NOT PRAYING FOR A NEW MINISTRY!).

I REMEMBER THAT WE RECEIVED FROM THE LORD THAT HE IS GIVING US THE "GREEN LIGHT" OR GO SIGNAL TO PRAY FOR A NEW MINISTRY FROM HIM, IT TOOK US 4 LONG YEARS BEFORE THE LORD ANSWERED OUR PRAYERS. IN THE FIRST TWO YEARS, WE JUST PRAYED TOGETHER ABOUT IT & THEN FOR THE NEXT TWO YEARS, WE SHARED IT TO THE OUR CHURH FAMILY & PREPARE THE CHURCH FOR OUR EVENTUAL EXIT. IT TOOM TIME BECAUSE THE LORD HAS TO DO SOME PREPARATION & MOLDING OF OUR HEART.

NOW, THE ONLY MAJOR DIFFERENCE BETWEEN US AND DAVID I THINK IS THE HONESTY PART. DAVID WAS SO HONEST ABOUT HIS EMOTION OR FEELINGS THAT HE WAS ABLE TO CONFESS THEM BEFORE THE LORD. HE WAS ABLE TO CRY OUT TO THE LORD, "HOW LONG O LORD WILL I WAIT!" BUT HOW MANY OF US ACTUALLY DO THIS? I THINK WE ARE TOO POLITE & AFRAID OF THE LORD THAT WE HIDE UNDER THOSE PIOUS WORDS LIKE "YOU ARE SO GOOD GOD, YOU ARE SO FAITHFUL & LOVING. YOU ARE GRACIOUS & SO ON & SO FORTH." WHEN THE TRUTH IS WE ARE SAYING, "IS THE LORD'S PROMISE TRUE? WHY IS HE NOT ANSWERING ME?" "I AM NOW BECOMING IMPATIENT & ANGRY LORD!" "NAG-TATAMPO NAKO SA IYO, LORD!"

2) *David shares his daily **struggles** with **depressive** & **negative** thoughts!*

"How long must I wrestle with my thoughts and every day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, O Lord my God. Give light to my eyes, or I will sleep in death; my enemy will say, "I have overcome him," and my foes will rejoice when I fall." (vv. 2-4)

SECONDLY, DAVID SHARES HIS DAILY STRUGGLES WITH DEPRESSIVE AND NEGATIVE THOUGHTS, SEE VERSE 2! AS HE LAY THINKING ABOUT WHAT WAS HAPPENING IN HIS LIFE, DAVID STRUGGLES WITH ANXIOUS & DEPRESSIVE THOUGHTS.

NOW, THE QUESTION IS - WHERE DID DAVID GET THESE DEPRESSIVE & NEGATIVE THOUGHTS?

(1) WE KNOW THAT DAVID USED TO SELF-TALK OR TALK TO HIMSELF OR HIS SOUL! WE SEE HIM DO THIS IN SOME OF HIS PSALM. TALKING TO HIMSELF OR HIS SOUL.

"Praise the Lord, my soul; all my inmost being, praise his holy name. Praise the Lord, my soul, and forget not all his benefits."
(Psalm 103: 1-2)

"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."
(Psalm 42: 11)

NOW, WE NEED TO KNOW THAT SELF-TALK COULD BE BAD OR GOOD! IT DEPENDS ON THE PERSON SELF-TALKING & THE KINDS OF THOUGHTS THAT ONE IS FOCUSING ON OR ENTERTAINING IN HIS MIND OR HEART. HERE, DAVID SEEMS TO BE ENTERTAINING THE NEGATIVE THOUGHTS LIKE - THE LORD HAS FORGOTTEN HIM (SEE v. 1) & IS HIDING FROM HIM, INDICATING THAT THE LORD DOES NOT LOVE HIM ANYMORE & FORGOTTEN HIM!

THEREFORE, THE MORE DAVID THINKS ABOUT THIS, THE MORE HE BECOMES DEPRESSED. ANOTHER THOUGHT THAT DEPRESSED DAVID WAS THE THOUGHT THAT HIS ENEMIES ARE NOW FEASTING OVER HIS SITUATION. THEY ARE SAYING THAT DAVID IS NOW THROUGH AND WILL SOON DIED. ACTUALLY, WHAT CONCERNED DAVID IS WHAT THESE PEOPLE WILL THINK OF GOD AND HIS FAITH.

(2) BUT WE KNOW ANOTHER SOURCE OF THESE THOUGHTS—OUR ENEMY, SATAN. THE BIBLE CLEARLY TEACHES US THAT THE DEVIL USES AND SENDS "IDEAS" AND "THOUGHTS" WHICH

PURPOSE AND AIM IS TO PUT CHRISTIANS DOWN AND MAKE US LOSE OUR TRUST AND CONFIDENCE AND HOPE IN THE LORD. LISTEN TO WHAT PAUL SAYS IN HIS LETTER TO THE CORINTHIAN CHURCH,

*“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. **We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.**” (2 Cor. 10:4-5)*

THIS IS THE REASON WHY IT IS VERY VERY IMPORTANT THAT WE ARE GROUNDED IN THE WORD. THE ONLY WAY WE CAN PROTECT OURSELVES FROM SATAN’S LIES AND DECEPTIONS IS BY KNOWING GOD’S WORD, THE TRUTH. WE NEED TO DEVELOP A LIFESTYLE OF READING, STUDYING, & MEDITATING ON THE WORD OF GOD. I BELIEVE THIS IS WHAT MADE DAVID STRONG AND STEADFAST IN HIS TRUST IN THE LORD & IN HIS CHRISTIAN WALK. AS WE HAVE SEEN IN PSALM 1 DAVID HAD MADE A COMMITMENT TO READ AND MEDITATE ON THE LAW OF THE LORD DAY AND NIGHT. THEREFORE, THIS WAS WHAT HELP DAVID OVERCOME THIS NEGATIVE THOUGHTS & EMOTION IN HIS HEART. WE SEE THIS IN HIS NEXT CONFESSION IN VERSES 5-6...

B. DAVID **HUMBLY** CONFESSES HIS **UNWAVERING TRUST** IN THE LORD HIS GOD!

I LIKE ONE PASTOR SAID ABOUT EMOTIONS. HE SAID THAT EMOTIONS ARE LIKE CHILDREN. CHILDREN AT TIMES WILL RUN WILD AND DO CRAZY THINGS BUT WE CAN CONTROL THEM! IS THAT RIGHT? WE CAN NOT ALLOW THEM TO CONTROL US. FOR IF THIS HAPPENS, THERE WILL BE DISASTER! EMOTIONS TOO COULD BE VERY OVERWHELMING & DISASTROUS IF WE DON’T CONTROL THEM. THIS IS ALSO THE REASON WHY SUPPRESSED EMOTIONS IS DANGEROUS BECAUSE IT COULD LEAD TO HEART ATTACK OR OTHER DESTRUCTIVE ACTIONS LIKE SUICIDE OR DESTRUCTIVE BEHAVIORS (AMOK)!

I THINK THIS IS WHAT IS HAPPENING TO THE MANY RESIDENTS OF ALASKA PARTICULARLY ANCHORAGE, THAT IS CAUSING THE RECORD-BREAKING SPIKES OF COVID INFECTIONS SINCE OUR CITY OFFICIALS OPEN OUR CITY FOR BUSINESS & SOCIAL GATHERING LAST MONTH. WE COULD NOT CONTROL OUR EMOTIONS OR FEELINGS OF BEING CONFINED OR ISOLATED FOR SEVERAL MONTHS & SO, WE LET GO OF OURSELVES, INDULGING IN WHATEVER WE WOULD LIKE TO DO OUTSIDE OUR HOMES.

WE COULD NOT WAIT! THIS IS OUR MAJOR PROBLEM. WE COULD NOT WAIT. OF COURSE, ADDED TO THIS IS THE CULTURAL SPIRIT OF OUR DAY OR TIMES TODAY WHERE WE WANT INSTANT GRATIFICATION OF WHAT WE WANT. WE ARE LIVING IN AN IMPATIENT SOCIETY & WITH IMPATIENT PEOPLE!

BUT LOOK AT THE NEXT THING THAT DAVID DID! IN SPITE OF THE STRUGGLES THAT HE WAS EXPERIENCING IN HIS HEART, HE ABLE TO SAY,

*“...**But I trust** in your unfailing love...” (v. 5a)*

DAVID KNEW HIS GOD. PARTICULARLY, DAVID KNOWS THE CHARACTER QUALITIES OF HIS GOD. FIRSTLY, DAVID KNOWS THAT HIS GOD WILL NOT BE ANGRY AND BE ANNOYED BY UTTERING THESE SEEMING DOUBTING FEELINGS AND NEGATIVE EMOTIONS. DAVID KNOWS THAT GOD IS COMPASSIONATE AND FORGIVING. HE KNOWS THAT GOD UNDERSTANDS US FULLY AND PERFECTLY WELL. THAT’S WHY HE WROTE IN PS. 103:

“The Lord is compassionate and gracious, slow to anger and abounding in faithful love. He will not always accuse us or be angry forever. He has not dealt with us as our sins deserve or repaid us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him. For he knows what we are made of, remembering that we are dust.” (Psalm 103: 8-14)

SO, IS IT OKAY TO BE HONEST TO GOD ABOUT WHAT WE FEEL AND THINK? YES, HE UNDERSTANDS. FOR HE KNOWS “HOW WE ARE FORMED, HE REMEMBERS THAT WE ARE DUST.” BUT LET ME CLARIFY FURTHER THAT THIS KIND OF PRAYER IS ONLY FOR THOSE WHO HAD BUILT A PERSONAL & CLOSE RELATIONSHIP WITH THE LORD. DAVID PRAYED AND APPEALED BOLDLY TO GOD ON THE BASIS OF HIS RELATIONSHIP WITH THE LORD.

HE KNOWS THAT THE LORD IS A COVENANT-MAKING AND PROMISE-KEEPING GOD. AND AS DAVID HAD LEARNED IN THE PAST THROUGH HIS LIFE AND THE LIFE OF ISRAEL, THE LORD HAS NOT YET FAILED IN ONE OR ANY OF HIS PROMISES. PERHAPS, HE HAD READ AND KNEW BY HEART WHAT JOSHUA WROTE IN JOSHUA 23:

"Now I am about to go the way of all the earth. You know with all your heart and soul that not one of all the good promises the Lord your god gave you has failed. Every promise has been fulfilled; not one has failed." (Joshua 23:14)

DAVID HIMSELF KNEW THE FAITHFULNESS OF THE LORD. REMEMBER WHEN THE PROMISE GIVEN TO DAVID WAS TO BE THE NEXT KING OF ISRAEL? HE WAS A YOUNG TEENAGER AROUND 17 YEARS OLD (1 SAM. 16) WHEN ANOINTED BY SAMUEL AND IT TOOK HIM ABOUT 14 YEARS BEFORE THE PROMISED WAS FULFILLED AND NOT WITHOUT MANY TROUBLES AND DIFFICULTIES.

DAVID HAD PROVEN THE LORD AND SO HE WAS CONVINCED THAT THE LORD WILL NOT FAIL HIM. HE MAY BE EMOTIONALLY SHAKEN BUT HE WAS SPIRITUALLY STEADFAST AND COMMITTED. SPECIFICALLY, DAVID TRUSTED IN THE CHARACTER OF THE LORD; MEANING, HE TRUSTED THAT HE WILL BE WHO HE IS. SO HE APPEALED TO HIS TWO CHARACTER QUALITIES OR ATTRIBUTES...

1) Because the Lord is loving, David expects His divine intervention!

KNOWING THAT THE LORD IS COMPASSIONATE AND MERCIFUL, HE BELIEVED AND EXPECTED THAT HE WILL RESCUE & INTERVENE SUPERNATURALLY IN HIS SITUATION.

“But I trust in your unfailing love; my heart rejoices in your salvation...” (v. 5)

2) Because the Lord is good, David anticipates praising Him!

OUR GOD IS NOT ONLY LOVING AND MERCIFUL BUT GOOD! SO, DAVID ANTICIPATES THAT HE WILL SING PRAISES AND THANKSGIVING TO HIM IN DUE TIME. DAVID HAD LEARNED AND EXPERIENCED THAT THE GOD IS GOOD ALL THE TIME AND ALL THE TIME GOD IS GOOD!

“I will sing to the Lord, for He has been good to me.” (v. 6)

I PRAY THAT WHATEVER MAY BE OUR SITUATION TODAY, WHATEVER MAY BE THE EMOTIONAL BURDEN THAT YOU ARE CARRYING IN YOUR HEART, WHATEVER IT IS THAT YOU ARE WRESTLING WITH THE LORD RIGHT NOW; PERHAPS AN ILLNESS, A PROBLEMATIC RELATIONSHIP, THE SALVATION OF UNSAVED LOVED ONE, A FINANCIAL PROBLEM – TODAY, YOU WILL CHOOSE TO PUT YOUR TRUST IN OUR COMPASSIONATE, LOVING, MERCIFUL AND FAITHFUL GOD!

CHALLENGE/CLOSING WORDS:

NOW, THE QUESTIONS THAT I WOULD LIKE TO POSE TO ALL OF US TODAY IS THIS – WHAT DOMINATES YOUR MIND THESE DAYS OF THE PANDEMIC? WHAT ARE THE QUESTIONS OR THOUGHTS THAT WE KEEP ON ASKING/WHISPERING TO OURSELVES? WHAT ARE THE EMOTIONS OR THOUGHTS THAT KEEPS ON COMING BACK & ARE FILLING OUR MINDS & HEARTS NOWADAYS?

REMEMBER THAT WHAT DOMINATES OUR MINDS CONTROL OUR BEHAVIOR OR ACTIONS! WHAT WE BELIEVE DETERMINES HOW WE BEHAVE! WE SAW THIS CLEARLY IN THE STORY OF THE 12 SPIES WHO WERE SENT BY MOSES TO SPY THE LAND OF CANAAN FOR 40 DAYS! (SEE Num. 13-14). AS THE WISEMAN PUTS IT, “AS THE MAN THINKS SO IS HE!” (Prov. 23: 7).

“We can’t attack the people because they are stronger than we

are!”...“The land we passed through to explore is one that devours its inhabitants, and all the people we saw in it are men of great size. We even saw the Nephilim there—the descendants of Anak come from the Nephilim! To ourselves we seemed like grasshoppers, and we must have seemed the same to them.” (Num. 13: 31 &, 33)

TAKE NOTE THAT THE “FEAR” OF THE 10 SPIES AFFECTED THEIR THOUGHTS & CONSEQUENTLY IMPACTED THEIR SPEECH & BEHAVIOR! THEY WERE NOT CAUGHT BY THEIR ENEMIES, BUT THEY WERE CAUGHT BY THEIR THOUGHTS!

I THINK MANY TODAY ARE NOT CAUGHT BY THE COVID VIRUS BY THEIR THOUGHTS! THEY ARE CAUGHT & IS NOW IN BONDAGE TO THEIR THOUGHTS!

ACCORDING TO EXPERTS EMOTION COMES FIRST BEFORE OUR THOUGHTS. THEY ALSO TELL US THAT OUR EMOTIONS ARE OUR ACTUALLY UNCONSCIOUS THOUGHTS. THEY ARE FEELINGS WE FEEL ABOUT SOMETHING & SO WE COULD EXPRESS THEM AS THOUGHTS. SINCE OUR EMOTIONS & THOUGHTS COULD RESULT TO DESTRUCTIVE BEHAVIORS OR ACTIONS. THEREFORE, LET ME SUGGEST THE FOLLOWING APPLICATIONS BASED ON DAVID’S PSALM OR PRAYER ---

PRACTICAL APPLICATIONS:

(1) INSTEAD OF DENYING OR BOTTLING UP OUR EMOTIONS & THOUGHTS, LET US HONESTLY CONFESS THEM BEFORE THE LORD! LET US LEARN TO ACCEPT THEM & LEARN HOW TO HANDLE THEM IN THE RIGHT & HEALTHY WAY.

- WHY LEARN HOW TO HANDLE OUR EMOTION?**

(1) THE BIBLE AND EXPERIENCE TEACH US THAT OUR EMOTION IS A MAJOR TARGET OF THE DEVIL IN OPPOSING BELIEVERS & PULLING US DOWN. THE DEVIL, SATAN, KNOWS THAT WHEN WE FEEL HURT AND PAIN, WE BECOME EASILY VULNERABLE TO TEMPTATION & SIN OR DESTRUCTIVE BEHAVIORS.

(2) WE LEARN FROM DAVID THAT GOD DOES NOT ONLY KNOW US FULLY AND PERFECTLY WELL (Psalm 139), HE ALSO UNDERSTANDS US FULLY AND PERFECTLY WELL. HE UNDERSTANDS OUR IMPERFECTIONS, OUR LIMITATIONS, OUR FRAILTIES, AS WELL AS OUR FRUSTRATIONS. HE IS OUR COMPASSIONATE, LOVING AND MERCIFUL FATHER. TODAY, HE CALLS US TO BARE OUR HURTING HEARTS TO HIM. LET US LEARN TO BE OPEN AND HONEST TO GOD!

(2) INSTEAD OF REMAINING & WALLOWING IN OUR EMOTIONS & THOUGHTS, LET US HOLD ON TIGHTLY ON THE LORD & HIS PROMISES! LET US LEARN TO REFOCUS OUR MIND & THOUGHTS ON THE LORD THROUGH HIS WORD!

PRACTICAL POINTERS:

SINCE NOT ALL OUR EMOTIONS OR THOUGHTS COME FROM THE LORD, LET US LEARN TO FILTER & CONSECRATE THEM BY PRACTICING THE FFG.:

- (1) REPLACE NEGATIVE EMOTIONS & THOUGHTS BY MEMORIZING & MEDITATING ON GOD'S WORD! (Phil. 4: 8)
- (2) ARREST EVERY DISOBEDIENT OR SINFUL THOUGHTS THAT COMES TO MIND! (2 Cor. 10:5)
- (3) CONNECT TO A HEALTHY SMALL GROUP FOR DISCIPLESHIP, PRAYER SUPPORT & ACCOUNTABILITY! (James 5: 16)
- (4) SETTLE ALL KNOWN EMOTIONAL TRIGGERS IN OUR LIFE BY ACCEPTANCE & FORGIVENESS!

EMOTIONAL TRIGGERS ARE USUALLY CAUSE BY SOMEONE WHO REJECTED OR IS REJECTING YOU; LEFT OR IS LEAVING YOU; IGNORING YOU; BLAMING/SHAMING YOU; CAUSING YOU HELPLESSNESS.

- (5) ENGAGE YOUR MIND & BODY INTO A RELAXING & HEALTHY ACTIVITY! (LIKE EXERCISE OR ROADTRIPPING, HIKING, FISHING,

ETC).

- (6) **IDENTIFY** THE **EMOTIONAL TRIGGERS** IN YOUR LIFE & DO WHAT THE LORD REQUIRES FROM YOU! (Eph. 4:31-32)
- (7) **DISCIPLINE** OURSELF NOT TO **REACT RIGHT AWAY/QUICKLY** TO AN OR SITUATION! (James 1: 19)
- (8) USE **PRAYER** AS A MEANS TO **MANAGE/HANDLE** OUR NEGATIVE EMOTION! (Phil. 4: 6-7)

PRAYER:

“OUR HEAVENLY FATHER, WE THANK YOU FOR WHO YOU ARE! AS YOUR WORD DECLARES, YOU ARE OUR ‘COMPASSIONATE AND GRACIOUS, SLOW TO ANGER AND ABOUNDING IN FAITHFUL LOVE. YOU HAVE NOT DEALT WITH US AS OUR SINS DESERVE OR REPAID US ACCORDING TO OUR INIQUITIES. FOR AS HIGH AS THE HEAVENS ARE ABOVE THE EARTH, SO GREAT IS YOUR LOVE FOR THOSE WHO FEAR YOU; AS FAR AS THE EAST IS FROM THE WEST, SO FAR HAS YOU REMOVED OUR TRANSGRESSIONS FROM US. AS A FATHER HAS COMPASSION ON HIS CHILDREN, SO YOU LORD HAVE COMPASSION ON THOSE WHO FEAR YOU. FOR YOU KNOW WHAT WE ARE MADE OF, YOU REMEMBER THAT WE ARE DUST.’ (PSALM 103: 8-14)

FATHER GOD, WE PRAISE & THANK YOU FOR THE LORD JESUS THROUGH WHOM WE CAN COME TO YOU WITH ALL OUR SINS & WITH ALL NEGATIVE EMOTIONS & THOUGHTS & STILL BE ASSURED THAT YOU WILL NOT REJECT US. FOR YOU KNOW OUR FRAILTIES & WEAKNESSES. YOU UNDERSTAND OUR EMOTIONS & OUR THOUGHTS. LIKE DAVID, WE SOMETIMES FEEL LIKE YOU ARE FAR AWAY FROM US & HAVE ABANDONED US. WHEN WE FEEL THAT WAY, WE ARE ANXIOUS & DON’T KNOW WHAT TO DO. REMIND US IN THOSE TIMES THAT WE CAN ALWAYS COME TO YOU AND BE HONEST BEFORE YOU FOR YOU WILL ALWAYS HEAR US. AND THAT YOU WILL UNDERSTAND. YOU ARE NOT ANNOYED WITH OUR LAMENT NOR WITH OUR COMPLAINTS.

FATHER GOD, I PRAY FOR THOSE OF US TODAY WHO FEEL FORGOTTEN AND UNHEARD OR UNSEEN BY YOU. MAY YOU BE GRACIOUS TO THEM & LET THEM KNOW THAT THEY ARE HEARD & REMEMBERED AND SEEN BY YOU, OUR GRACIOUS GOD. WE PRAY FOR THOSE OF US TODAY WHO MAY BE STRUGGLING WITH ANXIETY AND DEPRESSION. MAY YOU BE GRACIOUS TO THEM LORD & ASSURE THEM OF YOUR PRESENCE IN THEIR LIVES. FATHER, WE PRAY FOR THOSE WHO MAY BE SUFFERING ILLNESS OR DISABILITIES FOR A LONG TIME NOW. WE PRAY FOR YOUR SOPIRIT'S COMFORT & PEACE. WE PRAY EVEN FOR THOSE PERHAPS SUFFERING FROM MENTAL ILLNESS THAT RESOURCES LIKE DOCTORS, COUNSELORS, & MEDICINES MAY BE AVAILABLE FOR THEM TO HELP. FATHER GOD, HELP US TO BE A FRIEND AND A LISTENING EAR TO THOSE WHO SUFFER. FILL US WITH COMPASSION AND WISDOM.

FATHER GOD, WE PRAY FOR THOSE WHO WRESTLE WITH SORROW & PERHAPS EXPERIENCING THAT "DARK NIGHT OF THE SOUL", THAT THEY MAY KNOW YOUR VICTORY OVER THOSE DARK THOUGHTS WHICH CURRENTLY SEEM TO HAVE THE UPPER HAND ON THEIR LIFE. FATHER GOD, TEACH US TO TRUST YOU & HOLD ON TO YOUR PROMISES IN YIOUR WORD. FOR YOU PROMISE TO MAKE US OVERCOMERS IN CHRIST. WE THANK YOU THAT WE CAN COME TO YOU FREELY THROUGH JESUS OUR SAVIOR & LORD & KNOW THAT YOU ARE HEARING US TODAY BECAUSE WE ONLY PRAY ALL THESE THINGS IN JESUS MOST PRECIOUS NAME. AMEN!