

Solutions to Stress

Chapter 9

Audio Lesson: Old Testament #54



Objective: To learn about the emotional psalms and how they help us cope with the anxieties of each day.



Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer. Let the light of your face shine upon us, O LORD. You have filled my heart with greater joy than when their grain and new wine abound. I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.

—Psalm 4:1, 6-8

Cast your cares on the LORD and He will sustain you; He will never let the righteous fall. But you, O God, will bring down the wicked . . . But as for me, I trust in You.

—Psalm 55:22-23

Psalms with an emotional theme are often prayer psalms, where the psalmist is talking to God about human beings—usually himself. They teach us that when we bring our feelings of anxiety, fear, anger, discouragement, despair, or anything else to God, He helps us through those feelings and leads us into gratitude and worship. These psalms teach us that God allows us to talk to Him about anything, even our negative feelings, because He is interested in us. He hears us and answers us when we have a conversation with Him. When we receive answers from Him, we should be very encouraged. Life should never be the same again.

When we are experiencing emotional distress, we can always find a psalm that expresses similar emotional distress. The conversations with God that were written by David and other psalmists are useful guides for our own conversations with God. We can follow their example and find rest, trust, and peace to overcome our stress.



1. True or false? Prayer psalms are often filled with emotion.
2. True or false? Distress is not found in the psalms because it is a sign of spiritual immaturity.
3. True or false? God wants our prayers to be two-way conversations with Him.

Unless otherwise noted, choose one answer for each question.

4. How does God respond when we tell Him of our distress?
 - a. He refuses to listen to us.
 - b. He hears us and ministers to us.
 - c. He tells us we should be stronger.
 - d. He tells us to think more positively.
5. What does it prove when God answers our prayers?
 - a. That He cares for us and knows our needs
 - b. That He will give us what we want to get us to stop complaining to Him
 - c. That we must have impressed Him with our spiritual maturity
 - d. That we said the right words
6. What is the most important part of our conversations with God?
 - a. When we tell Him our needs
 - b. When we pray for others
 - c. When we confess our sins
 - d. When He speaks to us
7. When we decide to do what is right and trust God, what are the results?
 - a. Discouragement and disappointment
 - b. Wealth and fame
 - c. Joy and peace
 - d. Pain and poverty

(Listen as leader reads Psalm 55)

8. What emotions and attitudes did David express when he wrote Psalm 55? (*choose all that apply*)
 - a. Grief
 - b. Peace
 - c. Submission
 - d. Anger
 - e. Fear
 - f. Patience
 - g. Pain

9. What emotions and attitudes does God allow us to bring to Him? (*choose all that apply*)

- a. Grief
- b. Peace
- c. Submission
- d. Anger
- e. Fear
- f. Patience
- g. Pain
- h. Any kind

10. What does the Bible tell us to do with our burdens?

- a. Carry them alone
- b. Leave them behind
- c. Get others to carry them
- d. Cast them on the Lord

11. When can we come to God?

- a. Only when we have really big burdens.
- b. We cannot. Only holy righteous people can.
- c. Anytime with any problem, big or little.
- d. Sometimes when we need help.

12. What should we do when we have stress and problems? (*choose all that apply*)

- a. Complain
- b. Pray
- c. Try to forget them
- d. Become angry
- e. Listen to God
- f. Be strong and not let anyone know
- g. Do what is right



Have you ever prayed to God when you were distressed? How easy or hard was it to tell Him how you felt? In what ways did He answer?



Whatever emotions and attitudes you are experiencing in your life today, talk to God about them and ask Him to help you trust Him. Thank Him for hearing you and for promising to answer.



Going Deeper

1. What emotions was the author feeling in Psalm Four? _____

2. What did he mean when he wrote that he communed with his own heart? _____

3. What did he decide to do that changed his emotions and gave him peace and sleep? _____

4. What does it mean to offer the sacrifices of righteousness and put your trust in the Lord? _____

5. What motivated him to make that decision? _____

6. What emotions was David feeling when he wrote Psalm 55, what did he do with them, and what did he tell us to do when we are experiencing those emotions? _____

7. When you meet yourself emotionally and experientially in these psalms, in what ways do they show you a prescription for those emotions? _____
