

INTRO

Many elements of city life can leave us feeling on the edge.

Choose one and fill in the blank:

I get frustrated when _____
 Impatience overcomes me when _____
 When discussing a controversial topic I _____
 Tension mounts within me when _____

In this series, we're looking to start conversations surrounding mental health and see the spiritual connection and what wisdom and hope Jesus & Scripture offers us.

READ

"One of the reasons the Psalms are deeply loved by so many Christians is that they give expression to an amazing array of emotions."
 Dr. John Piper

Psalm 4

- David expresses his distress and anger.

Psalm 139:1-3, 23-24

- David acknowledges that God knows what lies deep within his heart.

REFLECT & RESPOND

The Apostle Paul wrote to the church at Ephesus, "Be angry and do not sin".

Anger is an emotion, that needs to be acknowledged. (Unresolved anger opens the door to harmful behaviour towards other, but also towards ourselves.)

"Anger is a signal, and one worth listening to. Our anger may be a message that we are being hurt, that our rights are being violated, that our needs or wants are not being adequately met, or simply that something is not right.

Anger is something we feel. It exists for a reason and always deserves our respect and attention."
 Harriet Lerner Ph.D

1. When most people think of anger, they imagine open aggression, perhaps even explosiveness, rage, intimidation, criticism, blame.

Qu: How about you? What is the first thing that comes to mind when you think of anger in yourself or others?

2. The Bible is full of exhortations as to how we should treat "one another". In fact, there are more than 50 "one another"s in the New Testament alone. These "one another"s acknowledge our relational and emotional needs: love, kindness, peace & harmony, patience, acceptance, encouragement.

Qu: How do you feel, react, or respond when your emotional needs are neglected or not met or even violated?

Qu: By your nature, or your upbringing do you tend to suppress or bury these feelings or express them?

3. David said in Psalm 139 that we are fearfully and wonderfully made. David shows us in his writings that includes our emotions.

Qu: As we learn from David to honestly acknowledge and process our own emotions, before God and with one another, how can we be give strength and encouragement to others?

PRAY

- What was most encouraging/challenging?
- How will you apply this to your life?