



### Personal reflection 3

*in this reflection: I feel like a healthier way to 'process' emotions is to pray them to God, so that Jesus, (clothed in his gospel), might minister to us, by sharing with us his sufficiency in whatever emotion we are bringing to him.*

Read through Psalm 30.

Read it again, this time slowing down and noticing specific emotions, and implied emotions (e.g. "I felt secure" is specifically naming an emotion; whereas "weeping" is not an emotion, but indicates how the Psalmist is feeling)

Specific mention of emotions	Implied mention of emotions

David writes a very personal song/prayer (notice all the 'me...I...my') but sets it to be used for the dedication of the temple (sub-heading). What do you think David wants all Israel to learn about emotions from this Psalm?

Which verse from this Psalm most helpfully connects your emotions to God?

What negative (unpleasant or ungodly) emotions would you most want to deal with in a prayer like this one in Psalm 30?

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Heavenly Father, I call to you for mercy, please be my help. Sometimes I feel \_\_\_\_\_ and I don't like it. Please be my firm foundation, help me to grow my feeling of security in my relationship with you. By your Holy Spirit move me closer to you, through honestly praying my feelings. Amen.