

Authentic Faith: Emotional Health



Overview of the message:

Chris and Jo looked at how the Psalms can help us when we're going through suffering.

Key Points

Real pain – The Psalms give a realistic picture of life. They include personal and national crises, and cover a wide range of types of suffering.

Real expression – In the Psalms we see we can be totally honest with God. The psalmists aren't afraid to ask God difficult questions, and to bring their complaints to Him.

Real trust – Even when expressing their pain to God, the psalmists are still able to declare their trust in Him. After crying out 'My God, my God, why have you forsaken me?', Psalm 22 shows seven weapons we can use in times of suffering:

- v3 - you're in charge
- v4, 9 - you're faithful
- v19-21 - you're needed
- v22 - you're praiseworthy
- v24 - you're listening
- v25 - you're my portion
- v27 - you're going to set things right

Questions

1. Are you able to realise and acknowledge when you're experiencing suffering? How do you normally react?
2. Is it natural for you to bring suffering to God? Is there anything which tends to stop you doing this?
3. What can help you to keep trusting in God through times of suffering? (you could split into groups, divide the 7 weapons between the groups and talk about how each one helps)