

## **Psalms: Expressing Our Emotions**

### **Lesson 13 - The Big Picture**

#### **Warm up -**

1. Where (and with what and whom) do you like to relax?
2. What's ever happened to you that scared the bejeebies right out of you?
3. Have you ever found yourself in a position (spiritually or otherwise) in which only God could save you?

#### **Lesson -**

Ever have trouble praying? Sometimes it's fairly easy to come up with a list of stuff to pray about: good health, Grandma's lumbago, meeting the soul mate of your dreams, passing French . . . . But there's another part of prayer - the part sometimes called "adoration" (as in, "Our Father who art in heaven, hallowed be thy name") - that can be a lot harder to come up with. If this is true for you, Psalm 91 can get you thinking in the right direction. It's loaded with images of God's protection and care for us.

God is on our side, says the psalmist. If we are doing God's will in our lives, we can be bold. God is watching our backs.

Perhaps this psalm seems like overkill to you. Maybe you're thinking, Come on! Bad stuff happens to good people all the time. My aunt, for instance. She just died of breast cancer - only forty-three, and she's got three little kids. And what about the high school junior who broke his back playing football? Not only was he a great player - he's a cool person. Good student. Volunteers as a Bid Brother on weekends.

If that's what you're thinking, you're right. You won't find any Scripture passage that promises Christians an easy life or one that's pain free. But just try telling that to the psalmist! He's focused on the big picture. He's got no fear. He's simply in awe of what God has done for him. That's a snapshot of God we should carry with us too!

**Read Psalm 91: 1-6, 9-16**

1. As you read this, look for the images the psalmist uses to describe what God is like.
2. According to the psalmist, what don't we need to fear anymore?
3. Who else besides God will help us face perils?
4. Which image of God you relate to best?
5. Who does God protect (vv. 9-10)? How can this be true even when it doesn't seem that way?
6. Share an experience when God rescued you from some kind of trouble. Were you afraid? What lesson did you learn from this experience?
7. How does focusing on these images of God bring us closer to him?
8. Psalm 90:7-9 says, "We are consumed by (God's) anger . . . . We finish our lives with a moan." How can Psalm 90 and 91 both be true at the same time?