



How Do You Feel? Psalms Intro

- When you hear the words ‘emotions’ and ‘feelings’, what comes to mind? Do you think of yourself as an emotive person? Why or why not?
- Do you think emotions should be expressed, internalized, controlled, or something else? Is it possible to control the way that you feel?
- What emotions do you think of as positive? Which ones do you think of as negative? Why did you classify them that way?
- Have you ever heard of the concept of ‘Emotional Intelligence’? Do you think it is a valid idea? How would you rate your emotional IQ?
- Have members of your group look up these Psalms - Psa 22, 30, 44, 73, 88, & 109. What emotions are expressed in these Psalms. Who is expressing them? (hint: Here is a great link with other places and emotions expressed in the Psalms - <http://www.desiringgod.org/articles/what-the-psalms-do>)
- Do you think that the Psalmist is right in expressing these emotions? Why or why not? How do you think our fallen state has affected our emotional lives?
- Does God have emotions? What are they? Where in scripture do you see them expressed?
- Have the members of your group look up these Psalms - Psa 30, 34, 77, 90, 103, 63. What emotions do you see God expressing here?
- What warning does Psa 50:21 give us when thinking about God’s emotions? What cautions should we give in equating God’s emotions with human emotions?
- What are you looking forward to in this series?