

+eastridge church



# UNMASKING YOUR EMOTIONS

ALLOWING THE PSALMS TO SHAPE YOUR SOUL

## SESSION ONE:



# LONELINESS

Psalm 22

## SESSION ONE TEACHING NOTES

### Introduction: Thinking About Our Emotions

- **Defining Emotions:** Emotions are physical sensations combined with thoughts and beliefs about certain events and people

1. **Psalms of** \_\_\_\_\_

*"Life makes sense"*

2. **Psalms of** \_\_\_\_\_

*"Life doesn't make sense"*

3. **Psalms of** \_\_\_\_\_

*"Life is starting to make sense again"*

### Abandonment: When You Feel Alone

1. **We All Go Through Times of Feeling** \_\_\_\_\_ **and alone**

Psalm 22:1-21

2. **We Can Find Strength By Choosing To Be In** \_\_\_\_\_

Psalm 22:22-25

3. **We Can Find Hope By Looking To God's** \_\_\_\_\_

Psalm 22:26-31

## SESSION ONE GROUP DISCUSSION GUIDE

### IDENTIFYING THE ISSUE

- Have you ever felt abandoned by a person or by God? Explain.
- Did Jesus ever feel abandoned by God the Father? If so, when and why?
- If God the Father abandoned Jesus, does that mean He might abandon you too? Why or why not?

### DIGGING DEEPER

Review Psalm 22:1-21

- Why do you think God sometimes seems silent?
- Why does God sometimes allow us to experience spiritually dry times as well as spiritually rich times?
- What does David say in this Psalm to attempt to gain perspective?
- David pictured himself surrounded by wild animals, which were symbolic of his enemies. Why is it so hard to trust others when we feel forsaken?
- What does this Psalm teach us about being honest with God?

Review Psalm 22:22-25

- When you get discouraged, do you tend to withdraw or surround yourself with other people?
- What kind of problems can withdrawing cause?
- What kind of community should we surround ourselves with when we are discouraged?
- What does it do to your attitude when you praise God with others?

Review Psalm 22:26-31

- What kind of hope does God give us? Is it a wishful hope that says, “I hope God is faithful?” Or is it a certain hope that says, “My hope is in the fact that God is faithful?” Explain the difference.
  - Which of the following brings you the most hope in God's future kingdom?
    - Singing God's Praises?
    - Reading God's Word?
    - Seeing God's Hand in Nature?
    - Remembering God's Goodness to You and Others in the Past?
    - Spending Time With Others Who Love God?
    - Reflecting on Heaven?
    - Other?
- Explain Your Selection

## TAKING ACTION

- If you are feeling lonely, abandoned, and in despair, how can reaching out to others relieve your pain and restore your faith in God?
- Why does waiting for someone else to come and lift us up often fail to work?
- **Action Point:** If you are feeling lonely and abandoned, or know someone else who is feeling that way, the solution may be the same. Reach out to someone else and let God use you to relieve someone else's suffering. Tell your group about one person God is leading you to reach out to. Pray that each person in the group would have the courage to do so.

