

# Where to Get Help in the Book of Psalms

## from the *Life Application Study Bible*

### When you feel...

Afraid: 3; 4; 27; 46; 49; 56; 91; 118	Overwhelmed: 25; 69; 142
Alone: 9; 10; 12; 13; 27; 40; 43	Penitent/Sorry: 32; 51; 66
Burned out: 6; 63	Proud: 14; 30; 49
Cheated: 41	Purposeless: 14; 25; 39; 49; 90
Confused: 10; 12; 73	Sad: 13
Depressed: 27; 34; 42; 43; 88; 143	Self-confident: 24
Distressed: 13; 25; 31; 40; 107	Tense: 4
Elated: 19; 96	Thankful: 118; 136; 138
Guilt: 19; 32; 38; 51	Threatened: 3; 11; 17
Hateful: 11	Tired/Weak: 6; 13; 18; 28; 29; 40; 86
Impatient: 13; 27; 37; 40	Trapped: 7; 17; 42; 88; 142
Insecure: 3; 5; 12; 91	Unimportant: 8; 90; 139
Insulted: 41; 70	Vengeful: 3; 7; 109
Jealous: 37	Worried: 37
Like Quitting: 29; 43; 145	Worshipful: 8; 19; 27; 29; 150
Lost: 23; 139	

### When you're facing...

Atheists: 10; 14; 19; 52; 53; 115	Lies: 5; 12; 120
Competition: 133	Old Age: 71; 92
Criticism: 35; 56; 120	Persecution: 1; 3; 7; 56
Danger: 11	Poverty: 9; 10; 12
Death: 6; 71; 90	Punishment: 6; 38; 39
Decisions: 1; 119	Slander/Insults: 7; 15; 35; 43; 120
Discrimination: 54	Slaughter: 6; 46; 83
Doubts: 34; 37; 94	Sorrow: 23; 34
Evil people: 10; 35; 36; 49; 52; 109; 140	Success: 18; 112; 127; 128
Enemies: 3; 25; 35; 41; 56; 59	Temptation: 38; 141
Heresy: 14	Troubles: 34; 55; 86; 102; 142; 145
Hypocrisy: 26; 28; 40; 50	Verbal Cruelty: 35; 120
Illness: 6; 139	

## When you want...

Acceptance: 139	Justice: 2; 7; 14; 26; 37; 49; 58; 82
Answers: 4; 17	Knowledge: 2; 8; 18; 19; 25; 29; 97; 103
Confidence: 46; 71	Leadership: 72
Courage: 11; 42	Miracles: 60; 111
Fellowship w/ God: 5; 16; 25; 27; 37; 133	Money: 15; 16; 17; 49
Forgiveness: 32; 38; 40; 51; 69; 86; 103; 130	Peace: 3; 4
Friendship: 16	Perspective: 2; 11
Godliness: 15; 25	Prayer: 5; 17; 27; 61
Guidance: 1; 5; 15; 19; 25; 32; 48	Protection: 3; 4; 7; 16; 17; 18; 23; 27; 31; 91; 121; 125
Healing: 6; 41	Provision: 23
Hope: 16; 17; 18; 23; 27	Rest: 23; 27
Humility: 19; 147	Salvation: 26; 37; 49; 126
Illumination: 19	Stability: 11; 33; 46
Integrity: 24; 25	Vindication: 9; 14; 28; 35; 109
Joy: 9; 16; 28; 126	Wisdom: 1; 16; 19; 64; 111

## While you pray...

Realize your feelings are important to God. God cares for you. Some feelings may seem “unchristian”, but they’re not. You were created with emotions. In order to have an intimate relationship with someone, including God, both parties need to be honest. We cannot be whole when engaging in a cover-up, so practice expressing yourself to God. In her book, *Getting Involved with God: Rediscovering the Old Testament*, Ellen Davis describes the Psalms as

a kind of First Amendment for the faithful. They guarantee us complete freedom of speech before God, and then (something no secular constitution would ever do) they give us a detailed model of how to exercise that freedom, even up to its dangerous limits, to the very brink of rebellion.

While Psalms give the freedom and tools to express our emotions to God, we also need to receive them with wisdom as responsible stewards. The Psalms teach us to not just air our feelings, but to seek wholeness and healing, not just for ourselves but for our enemies, our community, and all creation.

Praying Psalms in your own voice is a good place to start. Later, consider the Psalms as your neighbor’s prayer as well. By hearing the voice of a neighbor in the Psalms, you may be challenged to change a behavior or attitude for the sake of the Kingdom of God.