

## READ

Psalm 6

## CONSIDER

Thank you to everyone who has journeyed with us through our Gender & Sexuality mini-series. Last week, we had around 85 people attend the Gender seminar with Pastor Andrew. Thank you for being willing to continue the dialogue around a topic that is deeply personal to us. I hope this series has equipped you further to live out Christ's call for us to share his Good News for human sexuality with our friends, co-workers and family.

This week, we are diving into the topic of mental health. I want to begin this conversation by exploring our emotions and I hope we will see how God has designed our emotions to help lead us back to Him. Looking forward to Sunday as we explore this together.

Pastor Tim Sreedharan

## PRAY

*"For the Lord has heard my weeping, The Lord has heard my cry for mercy; the Lord accepts my prayer."  
– Psalm 6:8b-9*

Lord, help us to be a people who come to you knowing that you hear our cries and accept our prayers. Teach us to run to you and daily accept the grace you have poured out on us. Help us to see that you are the one who has created us to be emotional creatures and may our emotions draw us deeper into your knowledge and wisdom, by your grace. Amen.

# DIVING DEEPER

On a scale of 1-10, how much do you trust your emotions? When do you trust them? When do you distrust them? Why?

Read v1-3. What is the Psalmist asking for?

Read v4-7. Describe the emotional state of the Psalmist?

Read v.8-10. Note the words *heard* & *accept*. Considering there has been no change in the situation facing the Psalmist (v1-7), why does he respond positively toward God?

How can our emotions lead us closer to Jesus?