

Psalms for the Lonely and the Fearful

- A. "I'm lonely." "I'm afflicted." "I'm afraid." "My guilt is great." "The troubles of my heart are enlarged."
- B. The Psalms cover a wide range of experiences and emotions. They give God's people the words to express these emotions and to bring these experiences before the throne of God in prayer.
1. At the same time, the Psalms don't simply *express* emotions; when interacted with in faith, they can actually *awaken* and *shape* the emotions of the godly.
 2. It isn't "natural" to trust God in difficult times, but the Psalms reveal a way of doing just that, enriching our ability to respond to adversity in God-glorifying ways.

"I am Lonely" (Psalm 25)

- (25:1-2a) – Engagement of the _____ man.
- (25:2b) – A straightforward _____ in the midst of difficult people and circumstances.
- (25:3) – A reminder of God-revealed _____.
- (25:4-5) – Surrendered _____ for wisdom, guidance, perspective, and patience.
- (25:6-7) – A request for God to _____, rooted in the goodness of God.
- (25:8-10) – A proclamation about the _____ of God.
- (25:11-15) – A petition for _____ and deliverance from God.
- (25:16-22) – Transparent, honest confession of desperate _____ for God.

"I am Afraid" (Psalm 56)

- (56:1a) – An address to the God of _____.
- (56:1b-2) – A summary of present _____.
- (56:3-4) – A personal profession and reminder of God's _____.
- (56:5-7) – _____ to God of justice and vengeance.
- (56:8-11) – An intimate recounting of the _____ that flow from real relationship with God.
- (56:12-13) – A _____ to continue walking faithfully with the Lord.