The image features a warm, golden-brown background with a soft, hazy glow. In the center, the words "TRUE WORSHIP" are written in a bold, red, sans-serif font. The word "TRUE" is positioned above "WORSHIP". On either side of the word "TRUE", there are decorative horizontal lines consisting of a series of small, red, arrow-like shapes pointing towards the center. The background is filled with the silhouettes of a large crowd of people, many of whom have their hands raised in the air, suggesting a moment of collective worship or celebration. The overall atmosphere is one of spiritual fervor and unity.

TRUE
WORSHIP

Psalm 55

1 Give ear to my prayer, O God,
And do not hide Yourself from my supplication.
2 Attend to me, and hear me;
I am restless in my complaint, and moan noisily,
3 Because of the voice of the enemy,
Because of the oppression of the wicked;
For they bring down trouble upon me,
And in wrath they hate me.

4 My heart is severely pained within me,
And the terrors of death have fallen upon me.

5 Fearfulness and trembling have come upon me,
And horror has overwhelmed me.

6 So I said, "Oh, that I had wings like a dove!
I would fly away and be at rest.

7 Indeed, I would wander far off,
And remain in the wilderness. Selah

8 I would hasten my escape
From the windy storm and tempest.....

16 ...As for me, I will call upon God,
And the Lord shall save me.

17 Evening and morning and at noon
I will pray, and cry aloud,
And He shall hear my voice.

18 He has redeemed my soul in peace from the battle
that was against me,
For there were many against me.

19 God will hear, and afflict them,
Even He who abides from of old. Selah
Because they do not change,
Therefore they do not fear God.

20 He has put forth his hands against those who were at peace with him;

He has broken his covenant.

21 The words of his mouth were smoother than butter,
But war was in his heart;

His words were softer than oil,
Yet they were drawn swords.

22 Cast your burden on the Lord,
And He shall sustain you;

He shall never permit the righteous to be [g]moved.

#1 Loving God with our
emotions takes:

Awareness.



To be *aware* of our emotions, we often have to stop long enough to be alone with ourselves to do a bit of self reflection.



Families of Emotions

Anger

Sadness

Fear

Enjoyment

Love

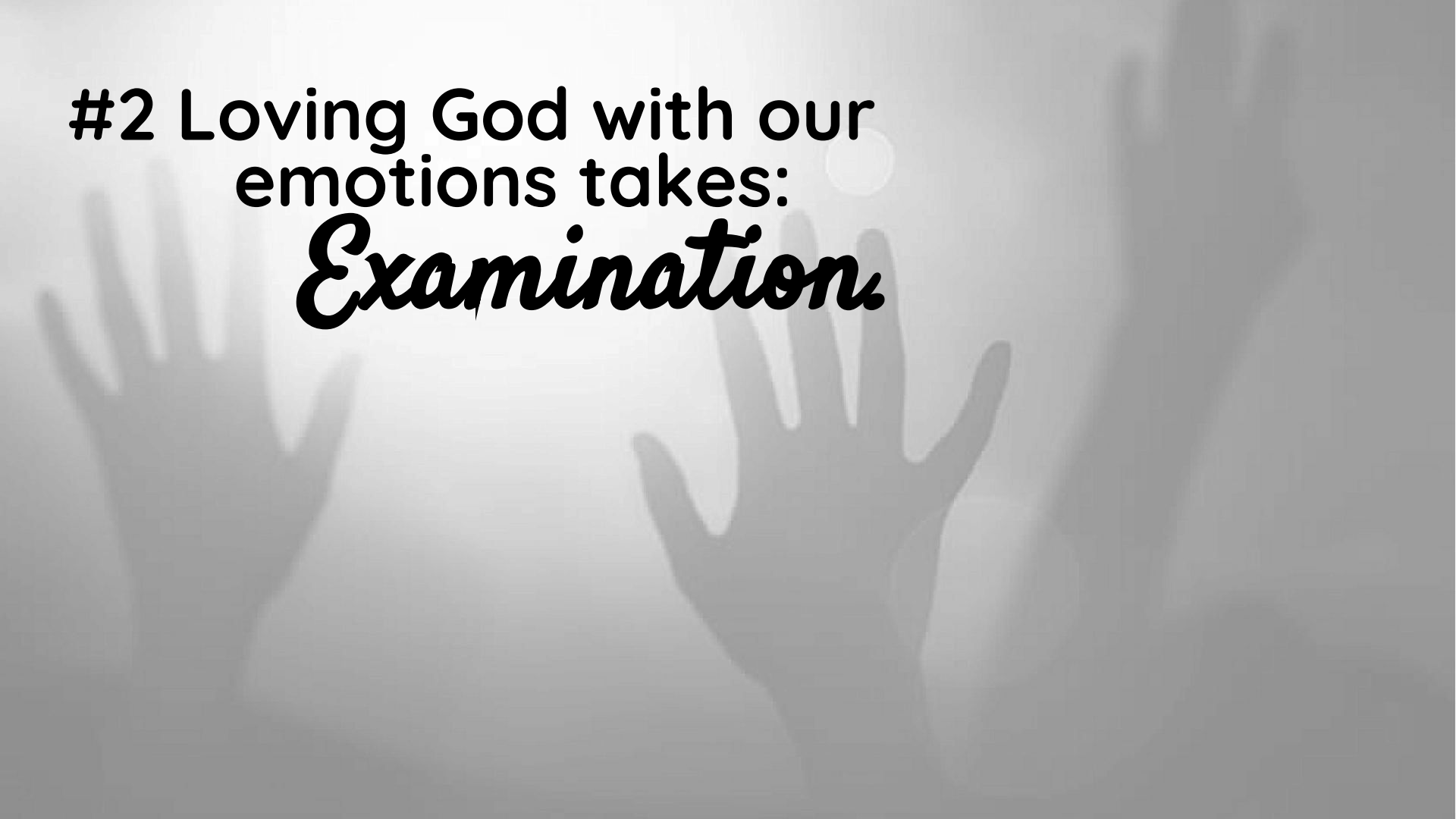
Surprise

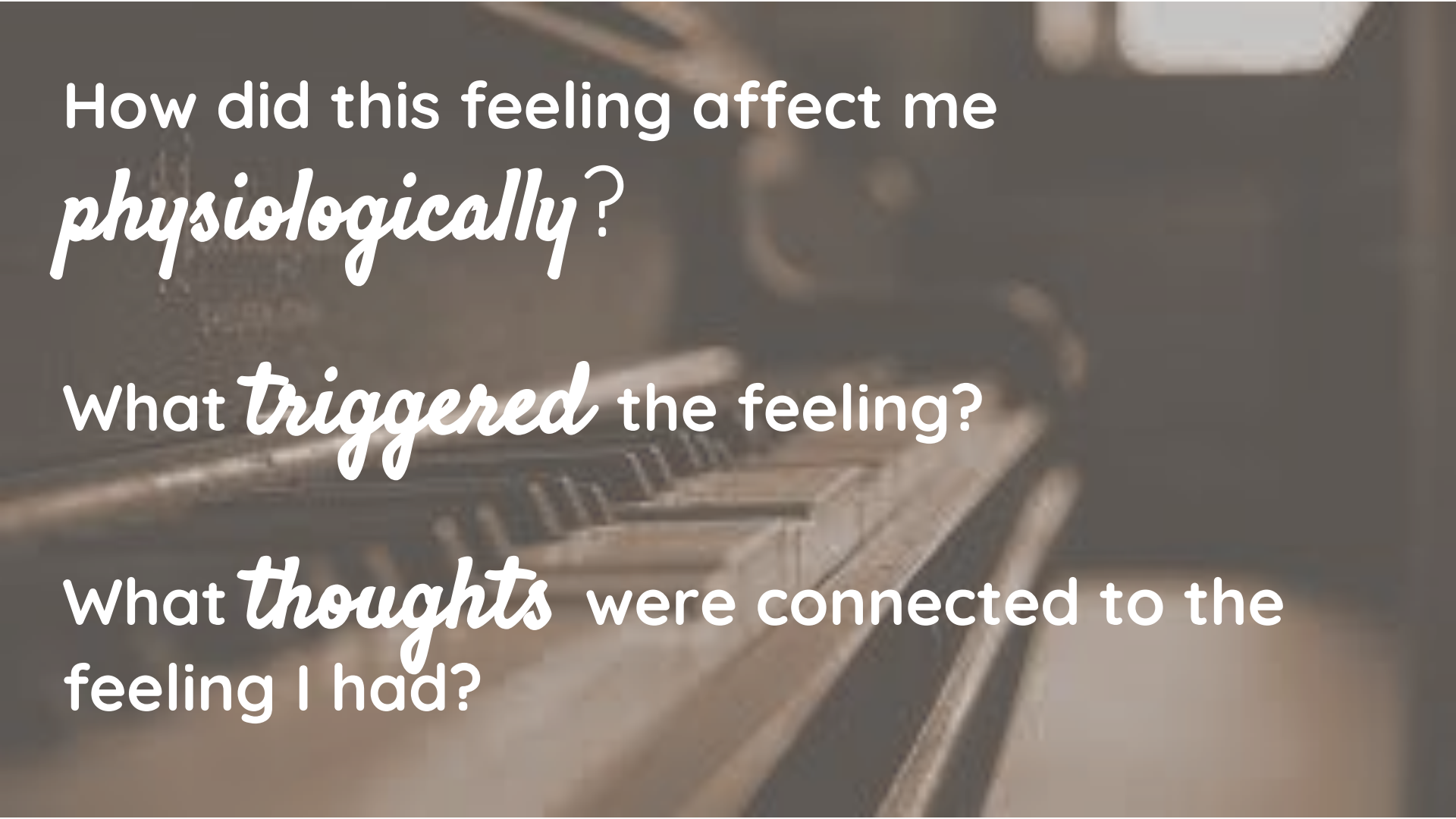
Disgust

Shame

#2 Loving God with our
emotions takes:

Examination





How did this feeling affect me
physiologically?

What *triggered* the feeling?

What *thoughts* were connected to the
feeling I had?

Psalm 55:6-8

So I said, “Oh, that I had wings like a dove! I would fly away and be at rest. 7 Indeed, I would wander far off, And remain in the wilderness. 8 I would hasten my escape From the windy storm and tempest.”

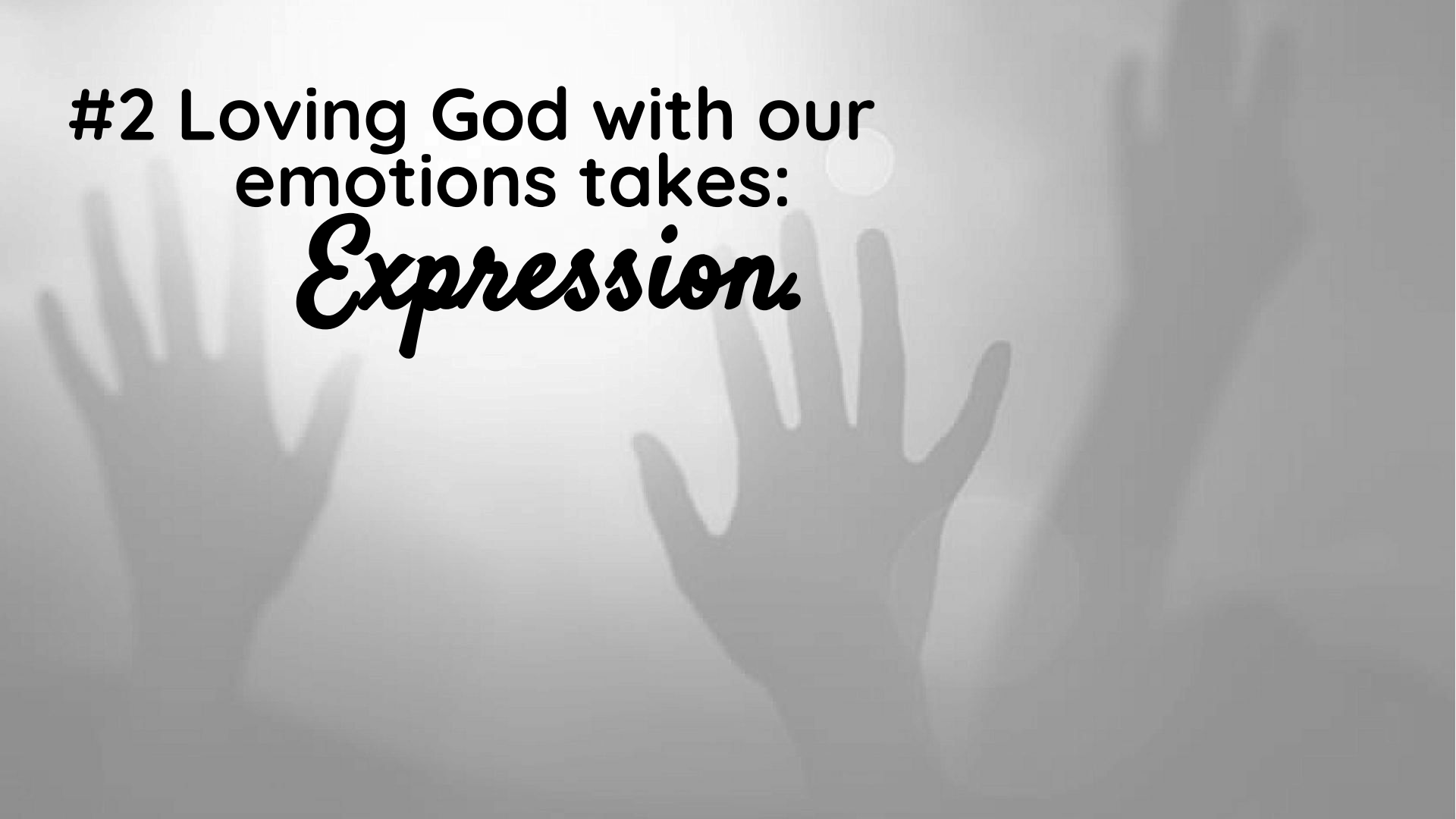


How did I *respond* to these feelings?

Have I had these feelings *before*?

#2 Loving God with our
emotions takes:

Expression





We must *express* our emotions to
God because:

1. *It allows you to cultivate intimacy with Jesus.*

1 Peter 3:18

For Christ also suffered once for sins, the just for the unjust, that He might bring us to God...

We must *express* our emotions to God because:

- 1. It allows you to cultivate intimacy with Jesus.*
- 2. God wants to help you with your negative emotions.*

Hebrews 4:16

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

1 Peter 5:7

...casting all your care upon Him, for He cares for you.

...cast all your anxiety on him because he cares for you.

2 Corinthians 1:3-4

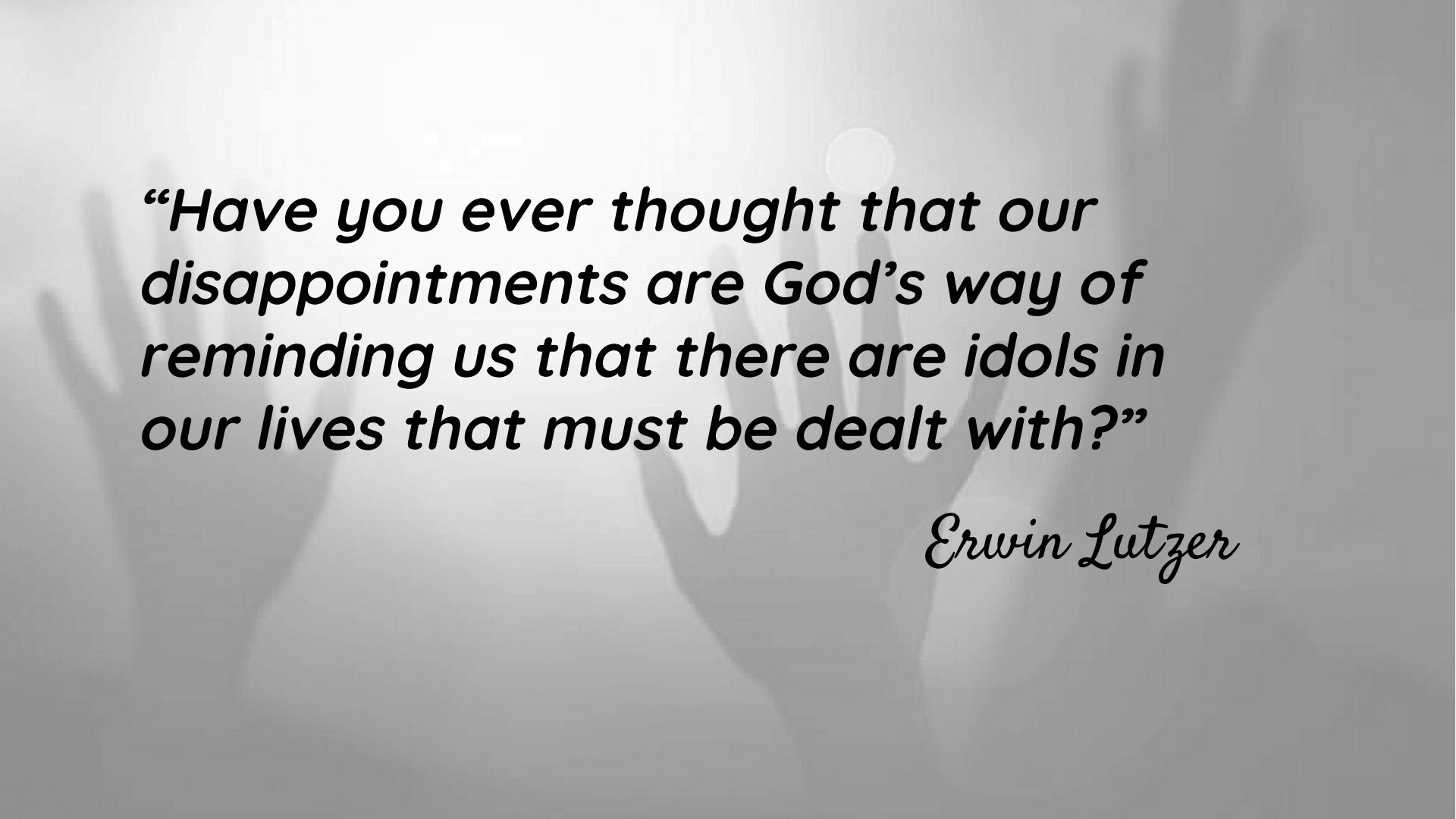
Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our tribulation...

We must *express* our emotions to God because:

- 1. It allows you to cultivate intimacy with Jesus.*
- 2. God wants to help you with your negative emotions.*
- 3. God wants to help you see what your emotions reveal about your heart.*

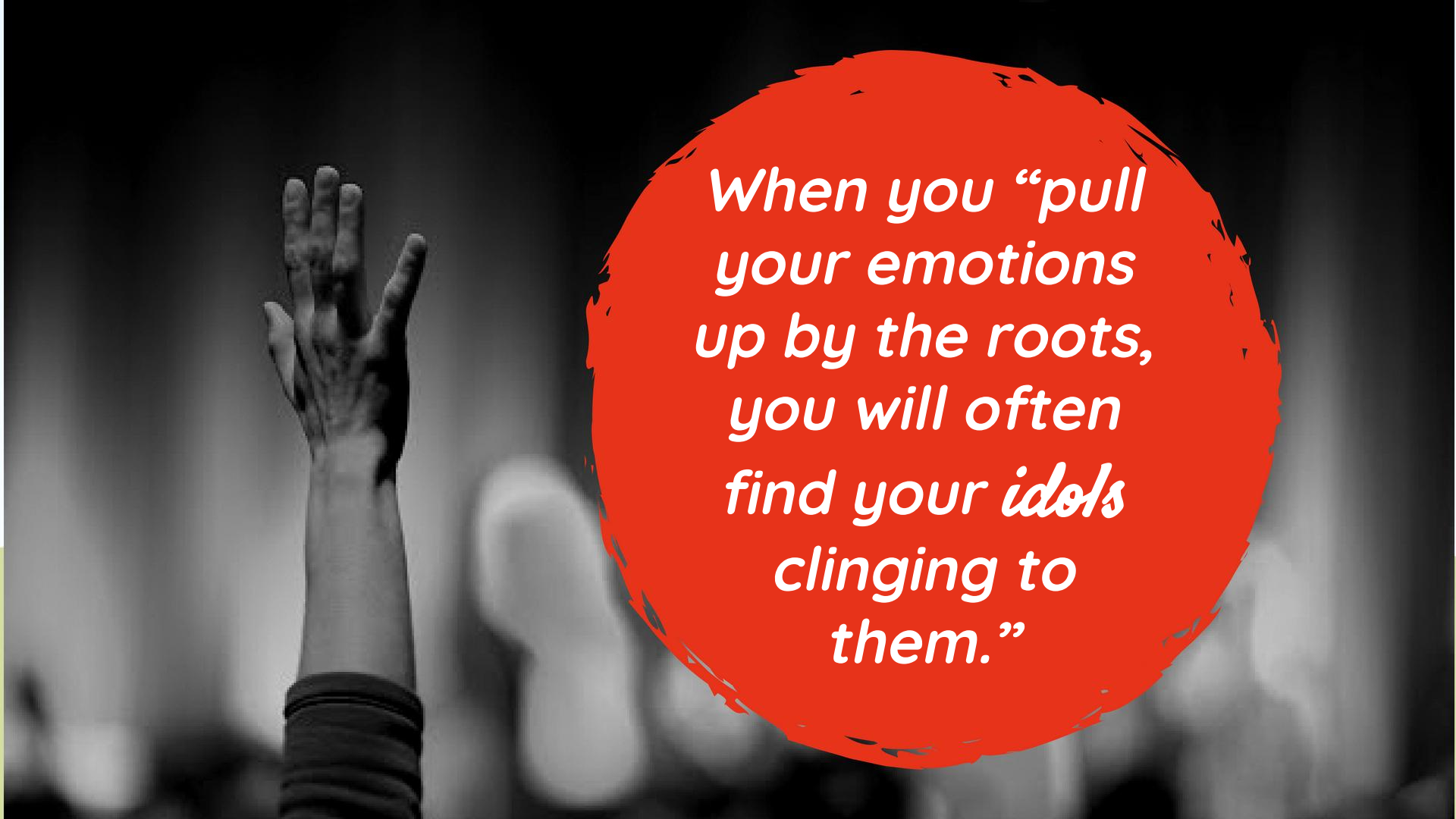
Proverbs 2:6-9

For the Lord gives wisdom; From His mouth come knowledge and understanding; 7 He stores up sound wisdom for the upright; He is a shield to those who walk uprightly; 8 He guards the paths of justice, And preserves the way of His saints.

The background of the image shows several hands of different colors (white, grey, blue) raised in a gesture of praise or prayer, set against a light, hazy background. The hands are semi-transparent and overlap each other.

“Have you ever thought that our disappointments are God’s way of reminding us that there are idols in our lives that must be dealt with?”

Erwin Lutzer



*When you “pull
your emotions
up by the roots,
you will often
find your *idols*
clinging to
them.”*



We must *express* our
emotions to a trusted friend.

*Doing life without sharing deeply with
other people just doesn't work.*

1 Samuel 20:1

Then David fled from Natioth in Ramah, and went and said to Jonathan, “What have I done? What is my iniquity, and what is my sin before your father, that he seeks my life?”

1 Samuel 20:3

...“there is but a step between me and death.”

A black and white photograph of a hand raised in prayer, with fingers spread, against a blurred background of a crowd. A large, bright red circle is overlaid on the right side of the image, containing white text.

**Has the
Gospel
really
melted
your
heart?**

